

༡༠༨ བོད་ཀྱི་ཡུལ་སྐོལ་གོམས་གཤེས།

# 108 Tibetan Customs

དབྱིན་ཡིག་གི་ལམ་ནས་བོད་ཀྱི་ཡུལ་སྐོལ་གོམས་གཤེས་རྒྱུ་བྱེད་པ།

An English Vocabulary Builder for Tibetans

edited by

Gerald Roche & Caixiangduojie



དབེ་ཆ་འདི་ནི་གཤམ་གྱི་མི་ལྷ་འདི་དག་གིས་མཚོ་ཕྱོད་དགེ་ཐོན་སློབ་ཆེན་མི་རིགས་  
 དགེ་ཐོན་སློབ་སྦྱང་བོད་དབྱིན་སྡེ་ཁག་ཏུ་སློབ་གཉེར་བྱེད་པའི་སྐབས་སུ་བྲིས་པ་  
 ཡིན།

The following people wrote this book while they were students in the English Training Program at Qinghai Normal University:

རྡོ་རྗེ་དོན་གྲུབ། རྡོ་རྗེ་བཀྲ་ཤིས། ལྷ་བ་བསྟན་འཛིན། སྐལ་བཟང་ལྷ་མོ།  
 ཆོ་རིང་འབྲུམ། བཀྲ་ཤིས་ལྷ་མོ། འཕྲིན་ལས་མགོན་པོ། རྡོ་རྗེ་དོན་གྲུབ།  
 པད་མ་རིག་འཛིན། ལྷ་མོ་ཆོ་རིང་། སློལ་མ་མཚོ། དབང་ཆེན་དོན་གྲུབ།  
 ལྷན་གྲུབ། ལྷ་མོ་མཚོ། ཉི་མ་ཆོ་རིང་། མེ་ལྷ། རིག་འཛིན་མཐར་ཕྱིན།  
 བདུད་འདུལ་དོ་རྩོ། མཁའ་འགྲོ་ཆོ་རིང་། རྡོ་རྗེ་དོན་གྲུབ། སངས་རྒྱལ་སློལ་མ།  
 དབལ་བསམ་ལྷ་མོ། སློལ་མ་ལྷ་སྦྱིད། སྐལ་བཟང་སྦྱིད། རྡོ་རྗེ་ཆོ་རིང་།  
 ཤེ་བོ་དོན་གྲུབ། ཆོ་རིང་མཚོ། འཇམ་དཔལ་རྣམ་འཛོམས། ཆོ་དབང་རྡོ་རྗེ།  
 མཁའ་སྦྱིད་རྒྱལ། འཕགས་མོ་མཚོ། བྱམས་པ་མཚོ། བུན་ཁྲང་རྒྱལ།

དབེ་ཆ་འདི་ནི་Gerald Roche དང་ཆོ་དབང་རྡོ་རྗེ་གཉིས་ཀྱིས་པར་བསྟན་བྱས་  
 པ་དང་ཆོ་དབང་རྡོ་རྗེ་ཡིས་མིང་ཚིག་བསྟུ་གསོག་བྱས་པ་ཡིན། སྐབས་དེར་མཚོ་ཕྱོད་  
 དགེ་ཐོན་སློབ་ཆེན་གྱིས་སྐལ་སྦྱོང་དང་རྒྱབ་སྐྱོར་བྱས་པར་སྙིང་ཐག་པ་ནས་ཐུགས་  
 རྗེ་ཆེ་ལུ་བ་ཡིན།

Gerald Roche and Caixiangduojie (Tshe dbang rdo rje) edited the text, and Caixiangduojie compiled the vocabulary list. The editors wish to thank Qinghai Normal University for their support and encouragement.

དཔེ་ཆ་འདི་ནི་བོད་ཀྱི་སྐད་སྐད་སྐད་སྐད་ཀྱི་མིང་ཚིག་དག་དབྱིན་ཡིག་གི་ལམ་ནས་  
བཤད་པར་མཁོ་སྤྱོད་བྱས་པ་དང་། འདི་དབྱིན་ཡིག་གི་བསྐྱབ་དེབ་ཁོ་ནར་  
དམིགས་ནས་བཀོལ་བ་མ་ཡིན་ཏེ། རོ་སྤྱོད་རང་བཞིན་ཅན་གྱི་དབྱིན་ཇིའི་བསྐྱབ་  
དེབ་དག་དང་མཉམ་དུ་བཀོལ་ན་ཤུན་དུ་འཚམ་ལ། དཔེ་ཆ་འདི་བོད་སྤྱོད་ལེགས་  
པོ་ཞིག་བྱེད་ཐུབ་སྟེ་ནི་ང་ཚོའི་བྱེད་ལ་བཅངས་པའི་རེ་བ་ཡིན།

This book provides Tibetans with the necessary vocabulary to talk about Tibetan culture in English. This book cannot be used alone as an English textbook. It must be used with an introductory English textbook. We hope people will find this book useful.

དཔེ་ཆ་འདིའི་ནང་དུ་བསྐྱམས་པས་སློབ་ཚན་ཐུང་དུ་༡༠༨ཡོད་པ་དང་། སློབ་ཚན་  
རེ་རེའི་ཁ་བྱང་མི་འདྲ་བ་མ་ཟད་མིང་ཚིག་གསར་བ་འགའ་རེ་འང་རོ་སྤྱོད་བྱས་ཡོད།  
མིང་ཚིག་གསར་བ་དག་བོད་ཡིག་དང་སྐད་ཀྱི་ཡིག་དུ་བསྐྱར་ཡོད་ལ་དེ་དག་རེའུ་མིག་དུ་  
བཀོད་ནས་དཔེ་ཆའི་རྒྱབ་དུ་རིམ་པ་བཞིན་བྲིས་ཡོད།

There are 108 short texts in this book. Each text deals with a different topic and introduces several new words. Tibetan and Chinese translations are provided for new words. All new words are listed at the back of the book in alphabetical order.



## དབྱིན་ཇིའི་ཐ་སྟངས་སྒྲིངས་སྒྲིངས་སྒྲིངས།

སྐད་ཡིག་གང་ཞིག་སློབ་པ་ལ་ཐོག་མར་ཐ་སྟངས་གསར་བ་སྦྱང་རྒྱ་དེ་ནི་དེའི་བྱ་བ་ཆ་གལ་ཆེན་ཞིག་ཡིན་ལ། སློབ་གཉེར་བ་སུ་ཡིན་ཡང་སྐད་ཡིག་གང་གི་ཐ་སྟངས་རི་ལྗོངས་མང་པོ་སྦྱངས་ཡོད་པ་དེས་ཁོ་ཆོ་རང་ཉིད་ཀྱིས་སྐད་ཡིག་དེ་ལ་སྦྱངས་བ་བྱས་པའི་ཆ་ད་ཡོངས་སུ་འཇལ་ཐུབ་ཞེས་ཞིབ་འཇུག་བྱ་བ་ཁོང་ནས་ཀྱང་བཤད། དབྱིན་ཇིའི་སྐད་ཡིག་སློབ་གཉེར་བ་རྣམས་ལ་ཐ་སྟངས་སློབ་སྦྱང་བྱེད་བདེ་བའི་ཆེད་དུ་དུས་རྒྱུན་བཟོ་སྦྱོང་གཏོང་བཞིན་པའི་མིང་གི་གྲངས་ཆེད་གཞིར་བཟུང་ནས་རྒྱུན་བཀོལ་ཐ་སྟངས་རྣམས་ཕྱོགས་བསྐྱེགས་བྱས་ཡོད་པ་རེད།

དེ་བཞིན་མཇུག་གི་ཟུར་བཀོད་གསུམ་པའི་ནང་དུ་འདྲ་དབྱིན་ཡིག་གི་ཐ་སྟངས་ ༡༠༠༠ ལྷག་བཟུ་སྐྱེག་བྱས་ཡོད་པ་དང་། བླ་ཁེ་རིག་མཛོད་ཆེན་མོའི་དྲ་ཆོགས་ནང་དུ་འདྲ་དབྱིན་ཡིག་གི་ཆ་རྒྱུ་གཞིའི་ཐ་སྟངས་ ༥༥༠ དམིགས་བསལ་སྒྲིངས་ཕྱོགས་བསྐྱེགས་བྱས་ཡོད། [http://simple.wikipedia.org/wiki/Wikipedia:Basic\\_English\\_alphabetical\\_wordlist](http://simple.wikipedia.org/wiki/Wikipedia:Basic_English_alphabetical_wordlist).

བསྟར་ཆགས་སུ་བཀོད་པའི་རྒྱུན་བཀོལ་ཐ་སྟངས་དེ་དག་སློབ་སྦྱང་དང་སློར་འཛིན་བྱས་ན་ཁྱེད་ཀྱི་དབྱིན་ཡིག་གི་ཚུ་ཆད་ཡར་རྒྱས་ཡོང་བར་མཐའ་གཅིག་དུ་ཕན་ཐོགས་ཆེན་པོ་ཡོད། གང་ལྟར། ཁྱེད་ཀྱིས་དམིགས་བསལ་རང་བཞིན་ཅན་གྱི་བཛོད་གཞི་ཞིག་སློང་སྐབས་དེ་ལ་དམིགས་བསལ་གྱི་ཐ་སྟངས་བཟོ་སྦྱོང་གཏོང་དགོས་པ་རེ་བཞིན།

དཔེ་དེ་བཞིན་འདྲིའི་ནང་དུ་འདྲ་ཁྱེད་ཀྱི་རིགས་གནས་ཀྱི་སྐོར་གང་ཞིག་དབྱིན་སྐད་ཀྱི་ལམ་ནས་ལ་བ་སློང་བྱ་ཐུབ་རྒྱུ་དམིགས་ལུ་དུ་བཟུང་ཡོད་པས། ཐ་སྟངས་མང་ཤོས་ཀྱང་བོད་ཀྱི་རིག་གནས་དང་འབྲེལ་བའི་སྐོར་གྱི་ཐ་སྟངས་དག་གཙོ་བོར་བཟུང་ཡོད་ལ། བོད་ཀྱི་གོམ་སྒྲོལ་སྐོར་གྱི་དཔེ་འབྲེལ་མང་པོ་ཞིག་ཀྱང་དབྱིན་ཡིག་གི་ལམ་ནས་བྲིས་ཡོད་པ་མ་ཟད། བོད་ཀྱི་རིག་གནས་དབྱིན་སྐད་ཀྱི་ལམ་ནས་འབྲེལ་བཛོད་བྱེད་པར་ཕན་ཐོགས་གང་འཚམ་བཅོས་ཡོད་པ་དང་། སྐད་ཡིག་གསར་

བ་ཞིག་ལ་འཇུག་སྐབས་རང་གི་སྐད་ཡིག་དང་རིག་གནས་བརྗེད་པར་འགྱུར་བའི་  
ཞན་ཆ་དེང་མེད་མེད་འགོག་བྱ་བ་ལ།

དབྱིན་སྐད་གསར་སྒྲིབ་པ་རྣམས་ལ་མཚོན་ན་ཐབས་དུ་མ་ཞིག་ལ་བརྟེན་ནས་  
ཐ་སྐད་གསར་བ་སྒྲིབ་རྒྱ་ནི་ཉ་ཅང་གལ་ཆེན་པོ་ཡིན་ལ། གཤམ་ན་ངོ་སྤྲོད་བྱས་ཡོད་  
པའི་ཐབས་ལམ་འདི་དག་ལས་ཐུ་མ་གཉིས་ནི་དཔེ་དེབ་འདི་དང་འབྲེལ་བ་དམ་པོ་  
ཡོད་པ་དང་། གཞན་དག་ནི་ཡོངས་ཁྱབ་རང་བཞིན་གྱིས་སྤྲོད་པའི་ཐབས་བཀོད་  
ཡིན་ནོ།

༡ མཇུག་གི་ཟུར་བཀོད་གཉིས་པའི་ནང་དུ་དྲི་བ་མང་པོ་བསྟར་ཆགས་སུ་བཀོད་  
ཡོད་པ་དང་། ཟུར་བཀོད་གསུམ་པའི་ནང་གི་ཐ་སྐད་དག་ཡིད་ལ་ངེས་པ་བྱ་རྒྱ་ནི་  
དྲི་བ་དེ་དག་ལ་སྤྱོད་བཅར་བྱེད་པའི་ཐོན་འགོ་ལྟ་བུ་ཡིན་པས། ཐོག་མར་ཐ་སྐད་  
གསར་བ་རྣམས་སྒོ་ལ་འཛིན་པ་དང་། དེ་ནས་ཐོགས་པོ་ཞིག་དང་མཉམ་དུ་དྲི་བ་  
དག་ལ་སྤྱོད་བཅར་བྱ་རྒྱ་ནི་གནད་ཀྱི་ཐབས་དམ་པ་ཡིན་ལ། ཉིན་འགའི་རྗེས་ནས་  
སྤངས་ཟེན་པ་དག་བསྐྱར་སྤྱོད་བྱ་རྒྱ་ཡང་ཕན་ཐོགས་ཆེ་བའི་ཐབས་ལམ་ཞིག་གོ།

༢ པར་རིས་བཀོལ་སྤངས། སྒྲིབ་ཚན་རེ་རེར་གདམས་བཀོད་བྱས་པའི་པར་རིས་དག་  
ནི་སྤྱོ་སྤང་འཕེལ་བ་དང་སྤང་བརྟན་གསལ་བ་ཤ་སྟག་ཡིན་མོད། སྒྲིབ་ཚན་གྱི་ནང་  
དོན་དང་འབྲེལ་བ་ཡོད་མེད་གཉིས་ཀ་ཡོད། ཁྱོད་ཀྱིས་ཐ་སྐད་གསར་བ་སྒྲིབ་འཛིན་  
བྱ་སྐབས་པར་རིས་དག་ལ་ཡང་ཡང་བལྟ་བ་དང་། དེ་ནས་ཐ་སྐད་དག་བཀལ་ནས་  
པར་རིས་ལ་བལྟས་ཏེ་ཤོག་ངོས་སྤྱོད་གི་ཐ་སྐད་རྣམས་ཡིད་ལ་ངེས་ཡོད་མེད་ལ་བལྟ་  
དགོས།དེ་ལྟར་རིམ་བཞིན་དུ་པར་རིས་ཁོ་ན་མཐོང་བ་ཙམ་གྱིས་ཐ་སྐད་དག་ཡིད་ལ་  
ངེས་ཐུབ་པ་བྱ་དགོས་སོ།

༣ སྐད་གདངས་མཐོན་པོའི་སྒོ་ནས་ཐ་སྐད་གསར་བ་དང་དྲི་བ་དག་ཡང་དང་  
བསྐྱར་དུ་སྟོག་འདོན་བྱ་རྒྱ་ཡང་ཐབས་ལམ་གལ་ཆེན་ཞིག་ཡིན།

༤ གཞན་གྱིས་ཐ་སྐྱོད་གསར་བ་སློག་སྤངས་ལ་ཡིད་འཛིན་བྱ་རྒྱུ་དང་རང་གིས་ཀྱང་  
སློང་ག་པོར་སློག་རྒྱ་ནི་ཉ་ཅང་གལ་ཆེན་པོ་ཡིན་པ་དང་། ཐ་སྐྱོད་སློག་སྤངས་སྐོར་  
ལའང་གཟབ་ནན་བྱས་ནས་སློང་ག་པོར་སློག་རྒྱ་ཉ་ཅང་གལ་ཆེན་ཡིན། མེ་ཁེ་ཚིག་  
མཛོད་ཆེན་མོའི་དྲ་ཆེགས་དུ་འདིའི་སྐོར་གྱི་སློག་སྤངས་མང་པོ་ལ་སློབ་རྒྱུར་བྱེད་  
ཐུག། དྲ་ཆེགས། <http://www.wiktionary.org/>.

༥ རྩོམ་འཛིན་བྱང་བུ་བཀོལ་ཐབས། རྩོམ་འཛིན་བྱང་བུ་ཉྟེ་མདུན་ངོས་སུ་དབྱིན་  
ཡིག་གི་ཐ་སྐྱོད་དང་རྒྱབ་ངོས་སུ་བོད་ཡིག་དང་རྒྱ་ཡིག་གང་རུང་གིས་བྲིས་པའི་བྱང་  
བུ་དེ་ཐབས་ལམ་གཉིས་ཀྱི་སྒྲོ་ནས་བེད་སྤྱོད་བྱང་ཆོག་གཅིག་ནི་དབྱིན་ཡིག་གི་ཐ་  
སྐྱོད་ཁོ་ན་བྲིས་པའི་ངོས་ལ་བཞུས་ཏེ་དེའི་དོན་ལ་ཆོད་དཔག་བྱེད་པ་དང་། ཅིག་  
ཤོས་ནི་བོད་རྒྱ་གང་རུང་གིས་བྲིས་པའི་ངོས་ལ་བཞུས་ཏེ་དབྱིན་ཡིག་གི་ཐ་སྐྱོད་ཆོད་  
བགམ་བྱ་རྒྱུ་དེ་ཡིན་པར་མ་ཟད། ཡིད་ལ་ངེས་པ་བྱ་རྒྱུ་དེ་ཡང་ཡིན། བདུན་པ་ག་  
གཅིག་གི་ནང་དུ་ཉེན་རེ་རེར་རྒྱན་འཁྱོངས་བྱེད་པ་དང་། ཟླ་ངོ་གཉིས་སམ་གསུམ་གྱི་  
རྩིས་སུ་སྐར་ཡང་བསྐྱར་རྒྱུར་བྱ་རྒྱུ་དེའོ།

༦ ཐ་སྐྱོད་སློལ་འཇུག་སྐབས་རི་མོ་བཀོལ་སྤྱོད་བྱས་ན་ཕན་ཐོགས་ཆེན་པོ་ཡོད།  
དཔེར་ན། ངོས་སུ་དོམ་གཅིག་ཡོད་པའི་པར་རིས་ཤིག་གི་གཤམ་དུ་bear  
ཞེས་པའི་ཐ་སྐྱོད་ཁོ་ན་བྲིས་ཡོད་ཆོ། ཐད་ཀར་ཡིད་ལ་ངེས་པ་དང་སྐད་རིགས་གཞན་  
གྱི་ཤན་ཤུགས་ཐེབས་པའང་འགོག་སྲུབ་པ་ཡིན། དྲ་ཆེགས།  
<http://visual.merriam-webster.com/>.

༧ འབྲེལ་ཡོད་ཐ་སྐྱོད་རྒྱུར་ཐབས། དཔེར་ན། car, bus, train, bicycle,  
motorcycle, airplane, tractor, ཐ་སྐྱོད་འདི་དག་དུས་གཅིག་དུ་རྒྱུང་བ་  
བྱས་ཆོག་ལ། རིམ་སྒྲིག་དང་། ཡན་ལག་དགར་བའི་ཐབས་དང་སྤྱོད་འབྲེལ་སྤྱོད་སྤྱོད་  
ཀྱི་ཐབས་ཀྱང་བཀོལ་ཆོག་གཤམ་གྱི་དྲ་ཆེགས་ལས་ཐ་སྐྱོད་དེ་དག་གི་འདྲ་ས་དང་མི་  
འདྲ་བའི་ཆ་ཡིད་ལ་ངེས་པར་ཕན་པ་ཡོད།

བྲ་ཆོགས། <http://visuwords.com/> རྣམས་གྲངས་དུ་མར་འབྱུག་པའི་ཐ་སྟད་  
དག་ཆོག་གྲུབ་ཀྱི་བབས་དང་བསྟན་ནས་སྦྱོང་བ་བྱེད་པ།

༥ མིང་གཅིག་དོན་གྱི་རྣམས་གྲངས་དུ་མར་འབྱུག་ཚུལ་ལ་སློབ་པ། བྱོད་ཀྱིས་བྲ་དོས་  
'ལས་ཐ་སྟད་རེ་རེའི་བཀོལ་སྟངས་ཡིད་ལ་ངེས་པར་བྱས་ཆོག་ལ། ཆོག་གྲུབ་མི་འདྲ་  
བ་དུ་མའི་ནང་དུ་ཐ་སྟད་གཅིག་དོན་གྱི་རྣམས་གྲངས་དུ་མར་འབྱུག་པའི་སྐོར་ལའང་  
སྦྱོང་བ་བྱ་དགོས། བྲ་ཆོགས། <http://oxforddictionaries.com/>

ཡིག་བསྐྱར་པ། རེན་ཆེན་རྒྱལ། དབང་ཆེན་ཆེ་རིང་།  
ཁྱེད་ཀྱི་པ། རོན་ཐར་རྒྱལ། ཉི་མ་རྒྱ་མཚོ།

## ABOUT LEARNING VOCABULARY

Learning new vocabulary is an essential part of learning any language. Studies suggest that the size of a student's vocabulary is a good predictor of their overall language ability. To make learning vocabulary easier for English learners, English words have been divided into lists according to frequency. Appendix Three includes the 1,000 most common English words. Wikipedia has also compiled a list of 850 Basic English words: [http://simple.wikipedia.org/wiki/Wikipedia:Basic\\_English\\_alphabetical\\_wordlist](http://simple.wikipedia.org/wiki/Wikipedia:Basic_English_alphabetical_wordlist).

Studying these lists and memorizing basic vocabulary is definitely helpful for your English. However, you need special vocabulary to talk about special topics. This book will help Tibetans talk about Tibetan culture in English. Some of the vocabulary is very common, but much is specialized. The many examples explaining Tibetan customs in English will also show how to talk about Tibetan culture in English. Learning a new language does not mean forgetting your own culture. The vocabulary in this book will help you connect Tibetan culture to English language.

It is important to have several methods for learning new vocabulary. Below are some suggestions. The first two are related to this book. The others are more general.

1. Use the questions at the back of the book (Appendix Two). Using new vocabulary is the best way to remember it. We have therefore included some questions at the back of the book so you can practice using the new vocabulary. You should first try to memorize the new words, and then turn to the back and read the questions. Practicing with a partner who is studying the same words is the best way to do this. Reviewing the questions several days after you first study the new words will be helpful.

2. Use the pictures. Each text has a picture. We chose pictures that are interesting and memorable. Some are related to the topic, some are not. Try looking at the picture occasionally while you memorize the new words. Then cover the words, look at the picture, and try to recall all the new English words on that page. Flip through the book looking only at the pictures and trying to recall the English words.

3. Reciting new vocabulary, loudly and repeatedly, is also a useful way to remember new words.

4. Hearing others say new words is also helpful. The Wikipedia Dictionary (Wiktionary) has audio samples for many words: <http://www.wiktionary.org/>.

5. You can use flash cards to remember new vocabulary. Write the English word on one side, and the Tibetan or Chinese word on the other side. You can test yourself in two ways: look at the English and try to guess the meaning, and look at the meaning and try to guess the English word. Test new words each day for a week. Then review them two weeks later, a month later, and three months later.

6. Pictures can help you remember vocabulary. For example, on a picture of a bear, you write 'bear'. Using pictures is useful because it avoids interference from other languages. The Online Merriam-Webster Visual Dictionary is also a useful resource for this: <http://visual.merriam-webster.com/>.

7. Try to learn related words together. For example, you could learn these words together: car, bus, train, bicycle, motorcycle, airplane, tractor. You can organize these as lists, mind-maps, or word trees. The online dictionary Visuwords (<http://visuwords.com/>) is useful for exploring the

relationships between different words.

8. Read the word in context. You can look online to see how a word is used. Reading the word in several sentences will help you remember it. You can look online, for example, at: <http://oxforddictionaries.com/>.

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## 1. Snow Mountain གངས་རི། 雪山

It is impossible to not see a snow-capped mountain when traveling on the Tibetan Plateau. Many mountains are capped with snow year-round. Because of this, Tibet is often called 'the land of the snows'. Tibetans are also called 'people of the snow-land'.

### VOCABULARY

because of གྱུ་མཚན་གྱིས། 因为, 由于

impossible དཔེ་མི་མིན་པ། 不可能的

plateau མཚོ་སྐང། 高原

snow mountain གངས་རི། 雪山

snow-capped/ capped with snow གངས་ཀྱིས་གཡོག་པ། 积雪盖顶（山）

year-round ལོ་ཉིལ་པོར། 全年



## 2. Honorifics རེ་ཆོག། 敬语

Tibetans traditionally use honorifics to speak with such socially important people as monks, elders, and *lamas*. They also address elders using such honorific terms of address as 'Uncle' or 'Aunt'.

### VOCABULARY

terms of address འབོད་ཚུལ། 称呼

honorifics རེ་ཆོག། 尊称，敬语

socially རྒྱུ་ཆོགས་ལྟར་གི། 社会的

such ...as... དཔེར་ན། 例如

traditionally གཏམ་རྒྱུན་གྱིས། 传统上



### 3. Telling the Gesar Epic རྒྱལ་གཤམ་གྱི་ཐུང་། 格萨尔王传

Long ago there was a brave king named Gesar. Some people say he was the son of gods. Gesar conquered many places. People nowadays sing and tell his stories. Most singers and tellers are from the grasslands. Most of the stories are about his birth and how he conquered other places. They also tell about Gesar's bravery and wisdom. Some people can tell the stories when they are very young. The best tellers can recite the Gesar Epic for several days. The Gesar Epic is still popular today. Because of this, Tibetans listen to the Gesar Epic on the radio.

#### VOCABULARY

brave དཔའ་ངར་ཆེ་བ། 英勇的

conquer དབང་དུ་བཟུང་བ། 占领

nowadays རེང་སང་། 现今

popular དར་ཁྱབ་ཆེ་བའི། 流行的

recite འགྲུག་བྱེད། 背诵

still ད་དུང་། 还是， 仍然

tell the Gesar epic རྒྱལ་གཤམ་གྱི་ཐུང་། 格萨尔王传

wisdom སྒྲ་རིག་ 智慧





#### 4. New Year ལོ་ཁ་ན། 新年

New Year is the most important Tibetan festival. It begins on the first day of the first lunar month and ends on the sixteenth day of the first lunar month. People wear their best clothes and eat the best food. Religious rituals are also held. People renew the village *latsi*, invite monks to chant scriptures, and hold Monlam in the monastery. Weddings are held during the New Year. People sing traditional Tibetan folk songs, give wedding speeches, and dance at weddings.

#### VOCABULARY

festival དུས་ཆེན། 节日

folk song དཔངས་སྒྲུ། 民歌

lunar month ལྷགས་རྩིང། 农历

monastery དགོན་པ། 寺院

renew བསྐྱར་བཞོ། 更新

ritual ཆོ་ག། 仪式

to hold/ held རྩོགས་འདུ་སྤྲོས་པའི་འཆོག་པ། 举行

wedding གཉེན་སྦྱོར། 婚礼



## 5. Wild Yak རྩོད་ལྔ་ 野牦牛

Yaks live on the Tibetan Plateau. Wild yaks symbolize strength or wild behavior. Wild yaks live at high altitudes, carry heavy loads on their backs, and travel from mountain to mountain. Because of this, Tibetans believe that wild yaks are also hard workers.

### VOCABULARY

also ད་ཅུང་ཁྱུང་པའི་ཚེ་ལྟ་ཡང་འདྲ་བའི་གསུམ་དང་འདྲ། 并且

altitude རྒྱ་མཚོ་ངོས་ནས་བཞེས་པའི་མཐོ་ཚད། 海拔

believe ཡིད་ཆེས་པ། 相信

loads བུར་པ། 载重

wild རྩོད་པ། 野性的

wild yak རྩོད་ལྔ་ 野牛

yak གཡལ། 牦牛



## 6. Chess ཟིག་མངས། 国际象棋

Tibetan children and men play chess in their free time.  
Playing chess trains the mind and improves intelligence.  
Three or four people gather in the village. Two of them play chess. Others watch and give advice.

### VOCABULARY

advice བསྐབ་བྱ། 建议

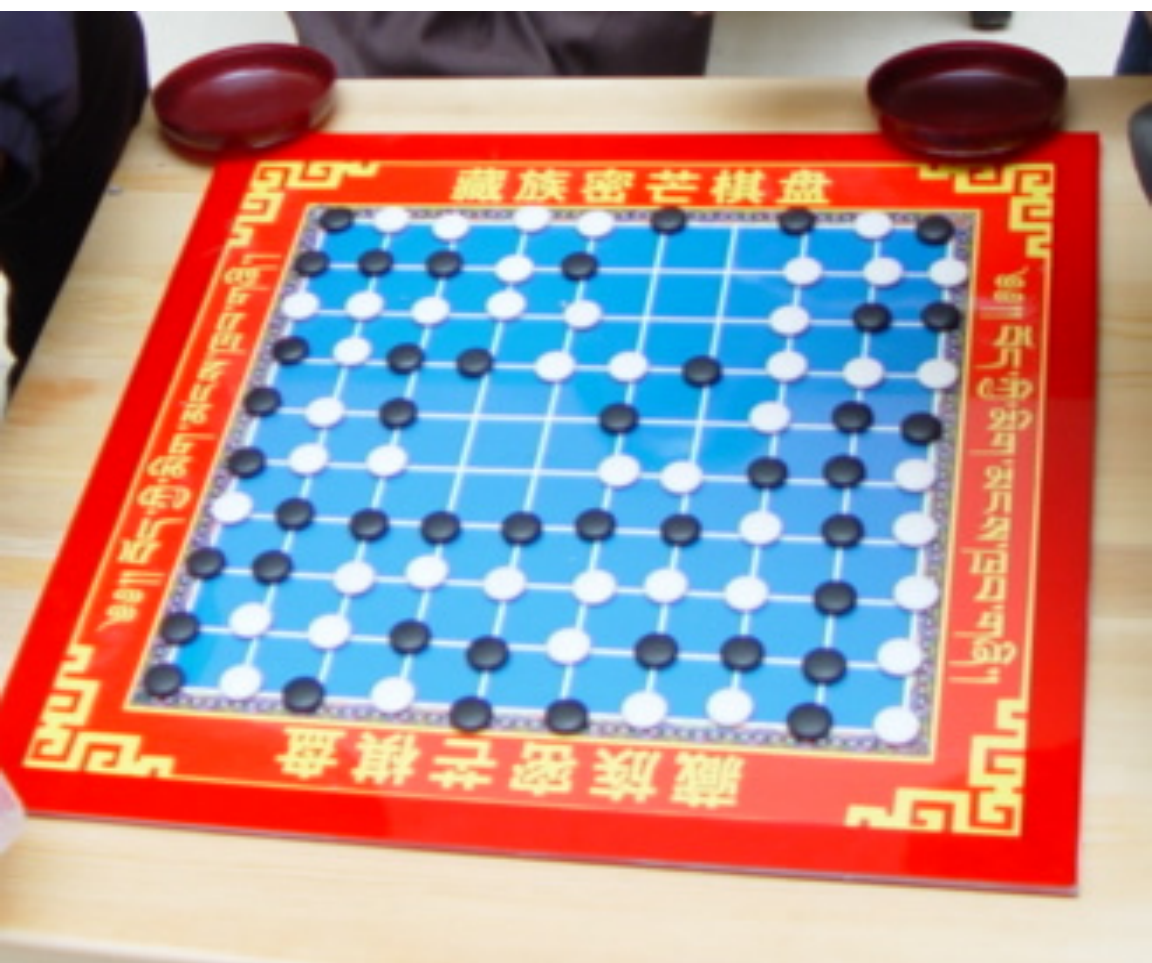
chess ཟིག་མངས། 国际象棋

free time ཁོམ་དུས། 空闲时间

gather མཉམ་དུ་འཛུམས་པ། 聚集

improve ཡར་བསྐྱེད། ཡར་ཁྱུས། 提高

train གསོ་སྦྱང། 培养



## 7. Singing Love Songs ལ་གཞས་ལེན་པ། 唱情歌

Boys and girls sing love songs to each other. A boy sings love songs to a girl if he likes her. Then the girl must reply. People often sing love songs while herding or farming. However, be very careful with your family members! Make sure they are not nearby when you sing a love song. It is taboo in Tibetan culture.

### VOCABULARY

careful གཟབ་ནན་གྱི 小心的，注意的

nearby ཉེ་པར། 附近，旁边

sing love songs ལ་གཞས་ལེན་པ། 唱情歌

taboo རྒྱུན་ལྡན་དང་ཚུལ་ལྡན་ཐད་གྱུ་བསྐྱུང་བ། 禁忌的，禁止的

to like དགའ་བ། 喜欢





## 8. Prayer Wheel མ་ཅི་འཁོར་ལོ། 经筒

People turn prayer wheels at every Tibetan monastery. Prayer wheels are usually wood or copper but sometimes they are leather. Scriptures are packed inside the prayer wheel. Tibetans also spin hand prayer wheels at home. Small streams turn water wheels. Large prayer wheels may need several people to turn them. People turn prayer wheels in order to accumulate merit. They believe that because of this, they can have a better next life.

### VOCABULARY

accumulate ལུང་བཀགས་གཤམ། 积累

copper ཟངས། 铜

leather མཉེད་གྲོ་འབྲེང་བ། 皮革

merit དགེ་བ། 功劳

pack ཐུམ། ཐུམ་རྒྱལ་བ། 包裹，塞满

prayer wheel མ་ཅི་འཁོར་ལོ། 经筒

usually ལྷན་དུ། 通常

wood ཤིང་ལས་སྐྱབ་པའི། 木制的



## 9. Story Telling གནའ་གཏམ་བཤད་པ། 讲故事

Stories teach people lessons. They teach how to respect parents and elders. They teach the consequences of lying, killing, and cheating. Elders and parents tell stories to younger people. Sometimes children tell stories to each other. Nighttime is usually the best time to tell stories.

### VOCABULARY

cheat མགོ་སྒྲོར་བ། གཡེ་ཐོལ་བྱེད་པ། 说谎, 欺骗

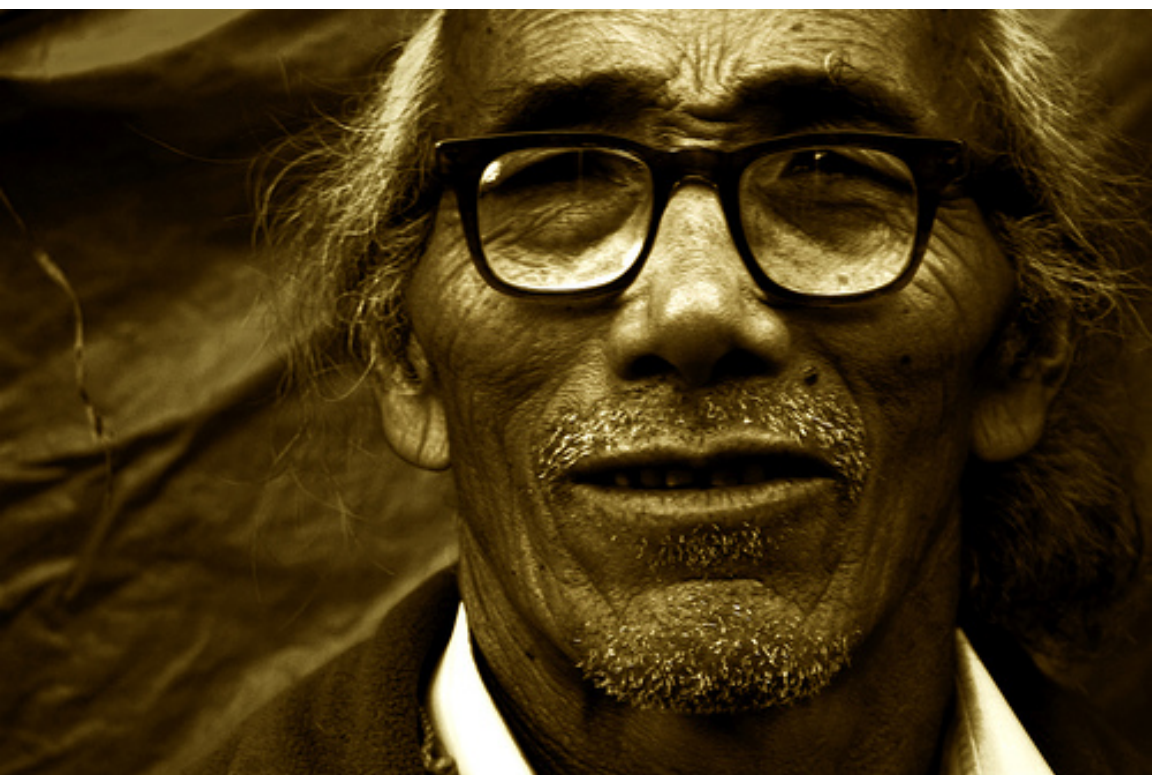
consequences མཇུག་འབྲས། 后果

sometimes སྐབས་ཅེ། 有时

stories གཏམ་ཐུང་། 故事

story telling གནའ་གཏམ་བཤད་པ། 讲故事

tell བཤད་པ། 讲述



## 10. Circle Dance གླུ་ཕྱོད་ 锅庄舞

A Tibetan proverb says, 'If a Tibetan can walk, he can dance. If he can speak, he can sing.' Men and women often sing and dance together. Men stand on one side and women stand on the other side. They sing back and forth. In Kham, circle dancing is usually performed during New Year. Dancing sometimes goes from dusk until dawn.

### VOCABULARY

back and forth ཕྱོགས་གཉིས་ཀྱི་བར་དུ། 相互之间的

circle dance གླུ་ཕྱོད་ 锅庄舞

dawn ཐོ་རང་ལ། 黎明

during གླིང་ལ། 在...期间

dusk ལ་མོད། 傍晚

often ལྷན་དུ། 通常

perform འཁྱབ་སྟོན་བྱེད་པ། 表演

side འགྲུལ་དུ་གཞུགས་པ། 对面的、边



## 11. Don't Destroy Springs ལྷ་འགོ་རྒྱལ་གྱི་འཕྲུལ་མ་བྱེད། 不要破坏泉水

Tibetan Buddhists never pollute or destroy springs, or things around springs. They believe water deities live in most springs. The trees and stones around the spring are believed to be the water deities' property. Tibetans thus respect springs and the trees and stones around them. They keep these things clean. If someone puts garbage around the sacred spring, the deity sends a disease to them. Their eyes swell and they become blind. This also happens if they put their head beneath other people's pants. Elders thus tell children not to make sacred springs dirty. Elders often frighten youngsters by saying, "Don't dig near the water deity's place or you will become lame! Don't spit or pee around a spring or you will become blind!"

### VOCABULARY

around ཕལ་ཆེར། ཉེ་འགུམ་དུ། ཡས་མས་ཅན། 在周围, 大约

clean གཙང་མ། གཙང་མར་བཟོ་བ། 清洁, 干净、清理

dig བཟོ་བ། 挖 dirty བཙོག་པ། 肮脏的 disturb རྒྱོག་པ། 招惹

elder ལྷན་པ། 长辈, 长者 garbage གང་སྟིགས། 垃圾, 废物

lame ལ་བ། 瘸的 most མང་ཤོས། 大多数

sacred ཕྱིན་རྒྱལ་པོ་ཅན། 神圣的 spring ལྷ་འགོ། 泉

swell སྐངས་བ། 肿胀 youngsters གཞོན་པ། 青年





## 12. Snow Lion གངས་མེད། 雪狮

Some Tibetans believe that snow lions exist. Others disagree. It is a controversial idea. Nonetheless, the snow lion is considered the king of the Tibetan Plateau. It is also a symbol of Tibetans' bravery.

### VOCABULARY

controversial ཚྱད་གཞིར་བྱུང་བའི། 有争议的

exist གནས་པ། 存在

nonetheless གང་ལྟར། 尽管如此

snow lion གངས་མེད། 雪狮

some ཁ་ཤས། 一些

symbol བཅོན་རྟགས། 象征物



### 13. Sending off the Bride བག་མ་སྐྱེལ་བ། 送新娘

The bride dresses in her finest clothes early in the morning.  
All the young women in the family gather to send her off.  
The girl must arrive before sunrise if the groom's home is in  
the same village. The bride arrives before noon if the  
distance is further.

#### VOCABULARY

finest ཆེས་བཟང་བའི། 最好的

must X if Y གཤམ་ཏེ་Y་ཡིན་ན་...ངེས་པར་དུ་X་ཡིན་དགོས། 如果...是 Y...必须是 X

noon ཉིན་གུང་། 中午

send off སྐྱེལ་མ་བྱེད་བ། 为...送行

sending off the bride བག་མ་སྐྱེལ་བ། 送新娘

sunrise རོགས་པ། 日出时





#### 14. The Four Harmonious Brothers མཐུན་པ་སྟུན་བཞི། 和睦四兄弟

The four harmonious brothers are the elephant, monkey, rabbit, and bird. They symbolize harmony, respect, and cooperation. Once, they all stood in front of a big tree. There was fruit on the tree. However, none of the four brothers could reach the fruit by himself. The four harmonious brothers cooperated to get the fruit. The elephant stood on the ground. The monkey stood on the elephant. The rabbit stood on the monkey. The bird stood on the rabbit. In this way, they reached the fruit.

#### VOCABULARY

cooperation མཉམ་འབྲེལ། 合作

harmony འབྲིག་མཐུན། 和睦

however གང་ལྟར་ཡང་། 可是,不管怎样

in this way འདི་ལྟར། 就这样

reach སྟོང་བ། འབྱོར་བ། 伸手,达到

respect གུས་བཀུར། 尊敬

stood ལངས། 站 (stand 的过去式)



## 15. *Katag* ཁ་བཏགས། 哈达

A *katag* is a long piece of silk that looks like a scarf. The length and width vary. Tibetans consider long, wide *katag* to be better than short, narrow ones. There are white, orange, yellow, and blue *katags*. *Katag* are offered to visitors, friends, and superiors. White *katag* are offered to friends or *lamas*. Yellow *katag* are offered to *lamas* and blue ones are offered to guests or *lamas*.

### VOCABULARY

*katag* ཁ་བཏགས། 哈达

narrow ཞང་ཁ་ཚུང་བ། 狭窄的

offer འབྲས་བ། 献

scarf རྒྱ་དྲིལ། 围巾，头巾

silk དར་སྒྱུ། 丝绸

superiors དཔོན་པོ། རྒྱ་བླ། 上级的

vary མི་འདྲ་བ། 不同

wide ཞང་ཁ་ཆེ་བ། 宽的





## 16. Religious Dance འཆ་མ། 宗教舞

*Cham* is a religious dance. All the sects of Tibetan Buddhism do it. Some Tibetans think *cham* is an indigenous tradition. Some say it was borrowed from others. Monks wear deity masks during *cham*. The dance is always held in a monastery or temple courtyard. Dancers appear in pairs or in groups of a dozen or more. The dancers hold religious implements. In the middle of the performance, skull mask dancers bring a *nyawo* to the courtyard. A *nyawo* is a dough effigy that embodies evil. The *nyawo* is cut into pieces and burnt at the ritual's end.

### VOCABULARY

borrow ལུས་གཞན་གྱི་གོམས་སྟོལ་དང་ཐ་སྙད་སྟགས་རང་ལྟགས་སུ་ལེན་པ། 借用

deity ལྷ། 神      dozen བརྒྱ་གཉིས་ཆོན་པ། 十二个

effigy གཞུགས་བརྟན། 肖像，模拟像

embody གཞུགས་སུ་སྦྱབ་པ། 化身

implements མོ་བྱད། 工具

indigenous ས་རྒྱུས་དོ་རྒྱུས་ཀྱི། 本地的，原产的

mask འབག། 面具 religious dance འཆ་མ། 宗教舞

sect གུབ་མཐའ། 教派 skull མགོ་རྩ་ལ། 头颅骨



## 17. *Mani* Stone མ་ཎི་རྩ་འབྲུག། 嘛尼石

Mantras are carved on *mani* stones. The most common mantra is the mantra of Avalokiteshvara, the Buddha of Compassion. On the Tibetan Plateau, *mani* stones are found on mountaintops, the sources of rivers, springs, beside paths, and around villages. If there are many *mani* stones in one place, it is called a *mani* pile. Tibetan pilgrims circumambulate *mani* piles. One well-known *mani* pile is in Sengzi Village in Yushu Tibetan Autonomous Prefecture.

### VOCABULARY

Avalokiteshvara འཕགས་པ་སྤྱན་རས་གཟིགས། 观世音菩萨

circumambulate སྐར་བ་བྱེད། 转经

compassion ལྷོང་ཇེ། 怜悯, 同情

*mani* stone མ་ཎི་རྩ་འབྲུག། 嘛尼石

mantra མཁས། 咒语、梵语

pilgrim མཇལ་བཀགནས་བསྐོར་བ། 朝拜者

source འབྲུང་ཁུངས། 来源

Tibetan Plateau མདོ་དབྱས་མཐོ་སྒང། 青藏高原





## 18. The Potala Palace བོ་བུང་པོ་ཏ་ལ། 布达拉宫

The Potala Palace is a well-known symbol of the ancient Tibetan kingdom. It also symbolizes Tibetan architectural knowledge. The thirty-second Tibetan king, Songtsan gampo, built it. It was later enlarged by Lozang gyamtso and Deshi sang'gyi gyamtso. The Potala now symbolizes Tibet's important tourism industry.

### VOCABULARY

ancient གནའ་པོ། 古老的

architectural བཟོ་བཞུགས་རྒྱ་ཆུང་གི། 建筑上的

enlarge རྒྱ་ཐེ་ཆེར་གཏོང་། 扩大

knowledge ཡོན་ཏན། 知识

palace བོ་བུང་། 宫殿

Potala Palace བོ་བུང་པོ་ཏ་ལ། 布达拉宫

tourism industry རྒྱལ་སྐོར་ལས་རིག། 旅游业

well-known མིང་གཤགས་ཅན། 出名的



## 19. Marriage བཀ་ལྷོན། 婚礼

Tibetan weddings often take a few months. Families must consider many things before accepting a marriage. They make sure the other family has clean bones. People with unclean bones may smell bad and have no eyebrows. People worry about the family's reputation. A man may marry into his wife's home if she is the only child in her family. Then the daughter can remain at home and take care of her parents. Several meetings and parties are held between the families before the wedding. Matchmakers visit the other family two or three times to check the family background and to negotiate the meeting days, wedding party, gifts, and invitations. Each time, the family gathers its most important relatives to meet the matchmakers.

### VOCABULARY

bride བཀ་མ། 新娘

consider བསམ་གཞིག་གནང་བ། མཐོང་ཆེན་བྱེད་པ། 考虑

decide ཐག་གཅོད་པ། 决定

marriage བཀ་ལྷོན། 婚礼

may མྱོད་པ། ཆག་པ། 也许, 可以

reputation ལྷན་གཤམ། 名誉

take care of བདག་སྨྱོང་། 照顾

eyebrows སྒྲིན་མ། 眉毛





## 20. Tibetan Language བོད་སྐད། 藏语

Tibetans speak the Tibetan language. Tibetan has three dialect groups: Kham, U-Tsang, and Amdo. Tibetans from Gansu, and some parts of Sichuan and Qinghai, speak Amdo dialect. Tibetans from parts of Yunnan, Sichuan, Qinghai, and the Tibet Autonomous Region speak Kham dialect. U-Tsang is spoken by Tibetans in the Tibet Autonomous Region. The Tibetan writing system has both cursive and printed scripts.

### VOCABULARY

Amdo ཨ་མདོ། 安多

cursive འབྲུག་བྲིས། 草写的

dialect ཁ་སྐད། 方言

Kham ཁམས་ཡུལ། 康巴

print དཔར་སྐྱེན། 印刷

scripts ལག་བྲིས་ཡིག་གཟུགས། 手写的

Tibetan language བོད་སྐད། 藏语

U-Tsang དབུས་གཙང། 卫藏

writing system ཡི་གེ 文字



## 21. Throwing Stones རྩོལ་མེན་པ། 扔石头

Children do many things in their free time. These things are sometimes dangerous, but children do them anyway. One dangerous thing they like to do is throw stones. Children gather and divide into two groups. Each group finds a place where they can hide. They then throw stones at each other. Someone is always injured. No one is blamed for injuring another person.

### VOCABULARY

blame འཁང་ར་བྱེད་པ། རྩོན་བརྩོད་པ། 责怪，怪罪

dangerous ཉེན་ཁ་ཆེ་བ། 危险的，不安全的

hide ཐུང་པ། རྒྱུང་བ། 躲藏，隐瞒

injure རྩམ་སྐྱོན་གཏོང་བ། རྩམ་པ། 受伤，损害

no one གཅིག་ཅང་མེད་པའམ་མིན་པ། 没有人

someone མི་ཆེ་གེ་མོ། 某人

throwing stones རྩོལ་མེན་པ། 扔石头





## 22. Tying Sashes སྐྱེ་རགས་བཅིངས་པ། 系腰带

People tie sashes around the groom when the bride first comes to the groom's family. This symbolizes their affection for the groom. It also symbolizes their blessing for the new couple. Most people tie simple cloth sashes.

### VOCABULARY

affection མཛའ་སེམས། 喜爱之情

blessing བསྐྱོ་བའམ་རབ་ནས་གནང་བ། 恩赐

sash སྐྱེ་རགས། 腰带

simple སྦྱིར་བཏང་། 朴素的，简易的

tying sashes སྐྱེ་རགས་བཅིངས་པ། 系腰带



## 23. Curing Wounds with Wool Ash བལ་བཟེགས་མ་གསོ། 用羊毛灰治疗伤口

Tibetans have a unique method to cauterize wounds. They press wool ash on the wound. This is often done if people cut themselves while eating meat with a knife. The burnt wool ash is applied immediately. It is very helpful.

### VOCABULARY

apply བསོལ། 适用; 应用

cauterize མེ་ཐེལ་རྒྱག་པ། 火疗

immediately ལྷུར་བ་ལྷུར་བ། 立刻

method བྱེད་ཐབས། 方法

unique དགོན་སྒོ། 唯一的, 独特的

wool ash བལ་མ། 羊毛灰

wound མེ་ཁ། 伤口





## 24. Latsi Festival ལའ་ཙེ། 沃堡

*Latsi* are often high on mountains. *Latsi* are dedicated to mountain deities. A festival for the *latsi* is held every year. The ritual drives away disasters and strengthens the deity's power. All villagers dress beautifully in Tibetan robes on the day of the festival. They carry giant arrows and flags to the *latsi*. They renew the *latsi* by putting the new arrows and flags in the *latsi*.

### VOCABULARY

arrow མདའ། 箭，箭头

dedicate ལེགས་སྦྱིང་གི་རྩལ་དུ་འབྱུང་བ། 供奉

drive away བས་བསྐྱང་བ། 驱除，赶走

flag དར་ཚུག ན། 旗，旗标

giant གཟུགས་ཆེ་བའི་མི་བོ་ཆེ། 巨大的，巨人

*latsi* festival ལའ་ཙེ། 沃堡/山坛

strengthen ལྷུས་ཤུགས་ཆེ་བའི་གཏོང་བ། 加强，强化

Tibetan robe ལྷ་རིང་། 藏袍

to dress བྱེན། 穿



## 25. Hair Changing Ritual སྐྱོན། 头饰礼仪

Hair changing rituals are held in Amdo. This ritual is held for girls when they turn fifteen. On the occasion of the girl's hair changing ritual, her family invites all relatives, friends, and villagers for a banquet. Hairdressers plait the girl's hair into many thin braids. They tie the braids with a *katag*. The hair is also decorated with many Tibetan hair ornaments. The ornaments are often made of silver and coral. The hairdressers are carefully chosen from among many village women. They should be married, healthy, hard-working, and good-looking. They should not have broken teeth, be blind, or be mentally ill. The hair changing ritual announces that the girl is now an adult woman.

### VOCABULARY

adult དར་མ། 成年人

banquet སྐྱོན། 宴会

hairdresser སྐྱོན་མཁན། 美发师

invite མགོན་དུ་འབོད་པ། གདན་འདྲན་བྱ་བ། 邀请

occasion དུས་བཟང་། དུས་སྐབས། 特殊场合

ornament ཐུན་ཆ། 装饰品

plait, braid སྐྱུང་ལ་ཅན། 褶叠的发辫

silk scarf ལ་བདགས། 哈达



26. Medicinal Water on the Morning of the 5<sup>th</sup> of the 5<sup>th</sup>  
Lunar Month ལྷ་བའི་ལྷོགས་པའི་ལྷན་རྒྱ། 五月初四清晨药水

Many Tibetans eat green vegetables on the fifth day of the fifth lunar month. They eat steamed dumplings containing green vegetables. Tibetans go to rivers near the village to drink and bathe very early that morning. It is usually very cold. People believe that the morning water is medicinal. However, people do not drink or bathe in the river that afternoon. They think the afternoon's water is poisonous.

VOCABULARY

afternoon ཕྱི་དྲོ། 下午

bathe ལྷས་བགྲུ་བ། ལྷས་བྱེད་བ། 泡，洗澡

medicine ལྷན། 药

morning ལྷ་དྲོ། 上午

poisonous རྒྱུ་ཅན། 有毒的，有害的

steamed dumplings བག་རིལ། 蒸饺子



## 27. Inviting Monks to Chant གྲྀ་བ་བྱིམ་དུ་གདན་འདྲེན་ཞི་ནས་ཚས་འདྲོན་པ། 邀请和尚念经

The bride's family invites monks to chant for one or two hours before she visits the groom's family for the first time. The monks chant to bring happiness to the girl and good luck to the family. In some places the bride leaves her home before sunset. She doesn't leave in the morning.

### VOCABULARY

bring འཕྱེར་ཡོང་བ། 带来, 拿来

chant ཚས་འདྲོན་པ། 念经

leave སྐྱོད་པ། ཁ་བྲལ་བ། 离开, 把...留下

monk གྲྀ་བ། 和尚

sunset ཉི་མ་རུབ་ཁ། 日落





## 28. Giving Alms to Cure Illness རྒྱུན་པ། 施舍

Alms are given when a family member is sick. Almsgiving includes giving food to beggars, giving candy to children, and spreading *tsampa* on the ground for insects to eat. The family might also scatter barley on their roof for birds to eat. Tibetans believe giving alms to the poor and to animals cures the sick person. Almsgiving also increases merit.

### VOCABULARY

alms བསོད་སྦྲོམས་རྒྱུན་པ། 施舍物，救济品

almsgiving རྒྱུན་པ། 施舍

barley ནས།འབྲ། 青稞

beggars སྒོང་མོ་བ། སྒྲང་བོ། 乞丐

cure རྒྱན་བཅས་བྱེད་པ། 治疗

increase འཕེལ་བ། 增加

might སྒྲིད་པའི་འདས་ཆོག། 表示可能



## 29. Messenger ག་ཉ། 信使

When a boy loves a girl, he tells a friend or relative about his feelings. That person is a messenger. The messenger goes to the girl's home to tell her about the boy's feelings. If the girl is pleased, she organizes a date to meet her admirer. Eventually the boy and girl meet.

### VOCABULARY

admirer ཡིད་སྤོན་བྱེད་གྲིལ་རང་བྱེད་མཁན། 赞赏者，爱慕者

eventually མཐའ་མར། 终于

feelings ཚུར་བ། 感觉，感想

messenger ག་ཉ། འཕྲིན་སྒྲུལ་བ། 信使，送信人

organize ག་སྒྲིག་བྱེད་བ། 组织、安排

pleased སྤྱི་བཞིད་ཚུམ་བ། 满意的，快乐的



30. Don't Defecate on Paths ལམ་ནང་དུ་གཅིན་སྒྲག་མ་གཏོང་། 路上不要大  
小便

Tibetans believe it is very bad to defecate on paths. It disgusts pedestrians. Grandparents and parents often tell their children not to defecate on paths. People tell children they will get sores on their bottom if they defecate on paths.

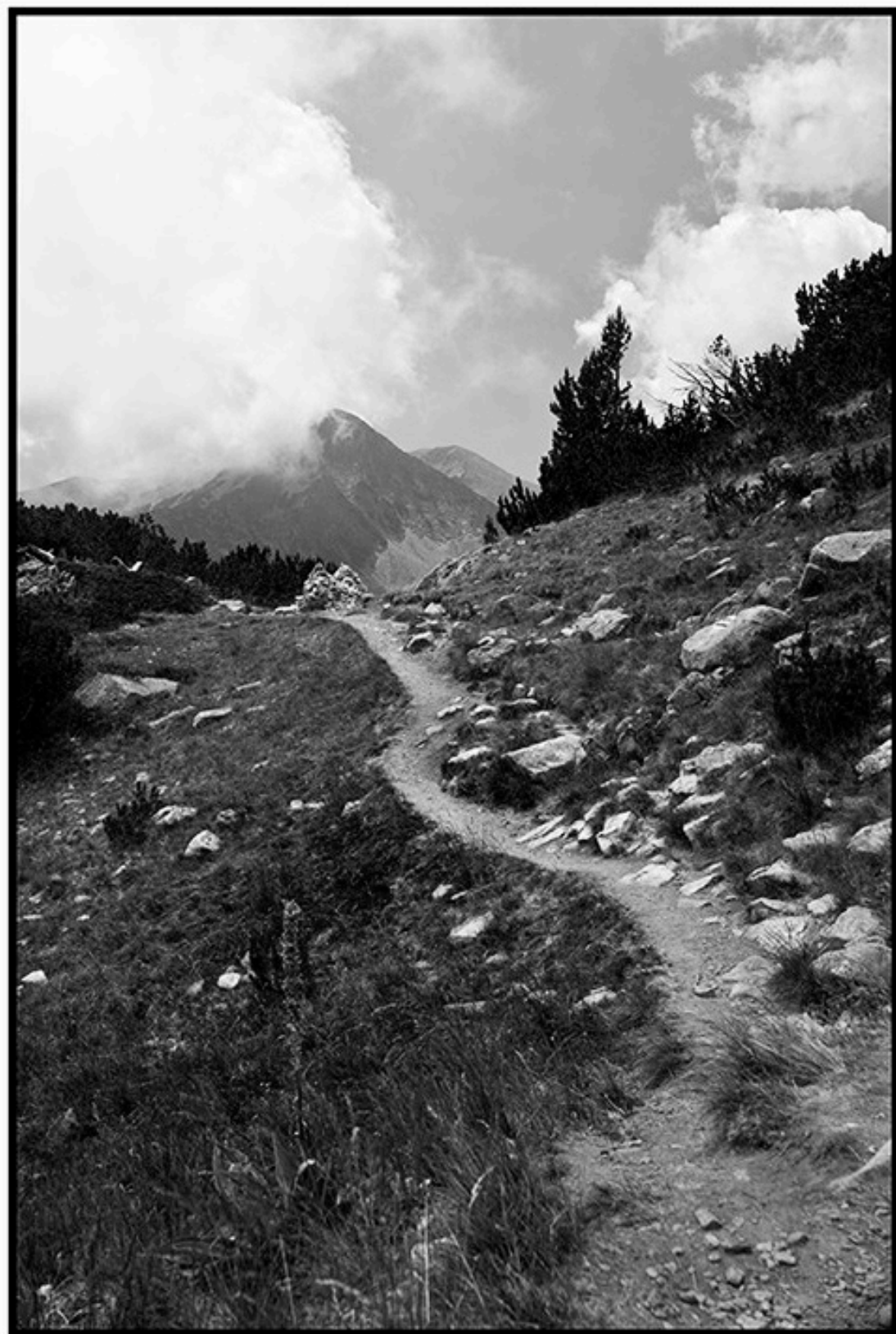
VOCABULARY

defecate བཤང་བ་དོར་བ་སྒྲག་པ་གཏོང་བ། 大便，排粪

pedestrian ལམ་འགྲོ་བ། 行人，步行的

sores ན་བ། 痛







### 31. Curing a Sore Throat with Yak-dung རྩི་བས་མིད་པའི་ན་ཚ་སེལ་ཐབས། 牦牛粪咽炎治疗法

Tibetan put yak-dung ash in a cup of water when they have a sore throat. They then carry the cup out under the stars and expose the water to starlight. They then drink the mixture. It cures the sore throat.

#### VOCABULARY

expose རྩི་བས་མིད་པའི་ན་ཚ་སེལ་ཐབས། 暴露

mixture འདྲེས་མཉམ་བསྐྱེས་མ། 混合物

sore throat མིད་པའི་ན་ཚ། 咽炎

yak dung གཡག་གི་རྩི་བ། 牦牛粪



## 32. Divination མ་འདེབས་པ། 卜卦

Tibetans believe deeply in the power of Buddhist diviners. Whenever they get sick, they go to a diviner rather than a doctor. The diviner chants and uses prayer beads. Then he offers advice.

### VOCABULARY

Buddhist ནང་པ། སངས་རྒྱལ་པ། 佛教徒

believe deeply དད་པ་ཏ་ཅང་ཆེ། 很有信仰的

deeply གཏིང་ཟབ་པས། 深深地

diviner མ་པ། 占卜者

prayer beads ཐེང་བ། 念珠

rather than དེ་ལས། 与其...不如...



ལྷ་ཁྱོད་ཅེར་གད་སྒྲིགས་མ་དོར།    不要在神树旁扔垃圾

## VOCABULARY

beneath རྒྱ་ནག་ 在...的下方

disease རད། ར་ཚ། 疾病

nearby ཉེ་འཁོར། 附近



### 34. Shaking Your Apron བང་གདན་གཡུག་པ། 摇裙子

Tibetan women sometimes aggressively shake their apron at others. They do this to curse others. They hope bad luck will come to them. Some Tibetan women do not shake their apron. They instead hold up their hand with the palm forward. This means the same thing as shaking the apron.

#### VOCABULARY

aggressively བཅན་ཤུགས་ཀྱིས། 挑衅地

apron བང་གདན། བང་ཁེབ། 围裙

forward མདུན་ཕྱགས་སུ། 向前端

instead ཟབ་ཏུ། ཤུལ་དུ། 代替; 顶替

mean དོན་སྟོན་པ། 意味, 表示...的意思

palm ལག་མཐེལ། 手掌

shake གཡུག་པ། རྒྱལ་པ། 摇动, 颤抖





### 35. Wearing an Amulet རྒྱུང་འཁོར་འདྲགས་པ། 带护身符

Most Tibetan Buddhists wear an amulet around their neck. Tibetans believe that amulets protect them from accidents and bad luck. Monks or lamas give amulets at the conclusion of rituals. Tibetan amulets contain Buddha or *lama* images. They also contain a piece of silk purified by a *lama*.

#### VOCABULARY

amulet རྒྱུང་འཁོར། 护身符 驱邪物

conclusion མཐུག་བསྡེ་མཁའ། 结论,推论

contain མྱོང་བ། 包含; 容纳

image འཆར་ལྗང་། 印象,概念

purify ལྷན་སྦྱོན་ལེལ་བ། 使洁净



### 36. Sliding on Ice དར་ཤུག་ 滑冰

Rivers freeze in winter and children play on the ice. One child sits on a big flat stone and another pushes. They take turns sliding and pushing. Some children slide on a flat piece of wood.

#### VOCABULARY

another གཞན་པ། 另一个

flat ལེབ་མོ། རྩ་མཉམ་པའི། 平的

freeze ཆབ་རྩ་འབྱུགས་པ། དར་ཆགས་པ། 冻结

push འཕུལ་བ། འབྲད་རྒྱག་གཏོང་བ། 推

slide ཤུད་པ། 滑行





### 37. Waving the Hand ལག་པ་གཡུག་པ། 挥手

Waving the hand has two different meanings. Sometimes people wave their hand in a circular motion to call someone. If a boy is out herding and sees a girl, he might wave his hand to call her. The sleeves of Tibetan robes are very long and because of this, people can see this gesture from far away. At other times, a person shakes their hand vigorously. This indicates disagreement or tells someone to go away.

#### VOCABULARY

circular སྒྲོལ་སྒྲོལ་ཅན། 圆形的, 环形的

disagreement སྒྲོ་ཁ་མི་མཐུན་པ། 分歧, 意见不合

far away ཐག་རིང་པོ། 遥远

indicate གོ་དོན་མཚན་པ། རྟོན་པ། 指示, 指出

motion དར་ཆགས་པ། (物体的)运动, 动作

sleeve སྤྱ་བྱང་། སྤྱ་བྱང་། 袖子

vigorously བྱགས་ངྲག་གིས། 精神旺盛地





### 38. Asking for a Wife བཀའ་མ་སྒྲུང་བ། 提亲

There is a common way to ask for a wife in Amdo. The father of a young man goes to the girl's family. He brings a *katag*, barley liquor, and candies. He then discusses with the girl's father. They reach a decision about the marriage.

#### VOCABULARY

decision ཐག་གཅོད། 决定

liquor ཆང་དཀར། 白酒 wine ཆང་དམར། 红酒 beer དུམ་ཆང་། 啤酒



### 39. Throwing Stones རྩོམ་པ་ 扔石头

Boys go to visit girls' homes at night. If a boy meets a girl during the day, he asks where her home is. He also asks which room is hers. When he comes to visit her at night, he throws small stones on the roof. This wakes up the girl. She then unlocks the courtyard gate so the boy can come inside.

#### VOCABULARY

home ཁང་པ། ཁྱིམ། 房子

roof ཁང་ཐོག། 屋顶

room ཁང་མིག། 房间

throw རྩོམ་པ། གཡུག་པ། 扔

unlock ཟླ་འཕྱེད་པ། 开锁

wake up བླ་པ། 醒来



#### 40. Chanting Scripture ཚུས་འདོན་བ། 念经

A family invites *lama* and monks to chant for sick people. Tibetans believe that chanting scriptures expels illness. This works for both physical and mental illness. Tibetans deeply believe in the power of chanting.

#### VOCABULARY

expel བཅོན་འཁུད་གཏོང་བ། རྒྱུད་པ། 驱逐, 赶走

mental བེམས་ཀྱི། 心理的, 精神的

physical དངོས་གནས་ཀྱི། 身体的

power རྒྱུས་ལུ། 权力, 势力



#### 41. Whistling རྒྱ་སྒྲོག་པ། 吹口哨

If a boy is interested in a girl, he makes a '*shu*' sound to get her attention. The girl might glance at him. If she likes him, she walks away to a private place. The boy follows her.

#### VOCABULARY

attention རྒྱ་སྒྲོག་པ། 注意, 专心

glance མིག་ཤེར་རྒྱག་པ། མིག་མདའ་འཕངས་པ། 一瞥, 匆匆一看

interested in དགའ་བ། 感兴趣

private སྒྲེང་གྲུ། 私人的





## 42. Sky Burial ལྷ་གཏོར། 天葬

Sky burial is practiced on the Tibetan Plateau. A corpse is given to birds to eat. It usually happens on a mountain. A religious specialist is invited to conduct this ritual. The religious specialist chops the corpse into small pieces. He feeds the pieces to vultures. *Tsampa* is mixed with the flesh so it is tastier for the birds. Monks are invited to chant. They sit nearby while the corpse is offered.

### VOCABULARY

chop གཏུབ་པ། 剁碎

conduct བཀོད་འདོམ་བྱེད་པ། 控制

corpse བེམ་ཕོ་མ། 尸体

practice ལག་ལེན། 练习，实践

specialist ཆེད་ལས་པ། 专家

vulture ལྷ་མོད། ལྷ་བྱ། 秃鹫



### 43. Wedding Party བཀའ་སྟོན། 婚宴

Wedding parties are held for two to three days in most Tibetan areas. The party announces and celebrates that the man and woman are married. It also allows the couple to get to know their new relatives, friends, and villagers. The family's reputation suffers if they don't have a wedding party. If a woman marries into a man's family, the bride's side, including relatives and good friends, prepares clothes, money, and other gifts for the bride and groom. Wedding speeches are given at the groom's home. Then, the bride's side displays all the gifts. Next, guests from the groom's side display their gifts. The groom's family then feeds all the guests and gives gifts to the bride's family. After the wedding day, the groom's family holds parties to feed all the helpers for one or two days. They also give gifts to the important helpers. It is impolite to send off the bride's family and helpers without any gifts.

#### VOCABULARY

any གང་ཅང་། 任何一个

display འགྲེམས་སྟོན་བྱེད་པ། 展示, 展览

get to know ཤེས་པ། 认识

gift རིགས་སྐྱེས། ལག་རྟགས། 礼物      impolite ལྷན་མེད། 无礼的

relative ག་ཉ། 亲戚

suffer མནར་བ། ཟུག་བསྐལ་སྦྱང་བ། 受苦, 遭受



#### 44. Burning Juniper Leaves ལྷག་པ་བསྟུག་པ། 熏柏树叶

Tibetans believe juniper trees are sacred because they grow in holy places. Junipers are called 'trees of gods'. Tibetans say that burning juniper purifies polluted things. They also say that burning juniper clears a person's mind. In some places, people ask *lama* or monks to chant over juniper leaves to bless them. Tibetans burn juniper to purify bowls that they use to offer monks food and drink. Tibetans also purify blankets with juniper smoke.

#### VOCABULARY

juniper ལྷག་ལྗང་། 柏树

polluted རྩིས་ངན་གྱིས་བསྐྱད་པ། 被污染的

purify ལྷད་སྦྱོན་ལེལ་བ། 使洁净

smoke དུ་བ། 烟





## 45. Stamped Clay Buddha Images མཚོན་པ་ 小泥佛像

*Tsa tsa* are stamped clay Buddha images. Making them is an informal religious practice. No ritual specialist is necessary. People mostly make them during winter because they have free time. Community members gather at the *mani kang*. This is also where the *tsa tsa* are kept. They use metal molds to press images into red clay.

### VOCABULARY

clay འཇིག་པ། འདམ། 泥土

informal ལམ་སྐོལ་ལྟར་མཉན་པར། 不正规的

molds མཚ་བར། 铸模，模子

press གནོན་པ། གཅོར་པ། 压

stamp ཀང་པ་རྩེབ་པ། རྩོག་པས་རྩུན་པ། 踩，跺脚



#### 46. Thumbs Up མཐེ་བོང་བསྐྱེངས་པ། 竖起大拇指

Tibetans hold out their fist with their thumb pointed up. This shows a positive opinion about someone or shows agreement. Tibetans do this when they are satisfied with others.

#### VOCABULARY

fist ལྔ་ཚུལ། 拳头

opinion ལྟ་ཚུལ། 看法

thumbs up མཐེ་བོང་བསྐྱེངས་པ། རྟུམ་བུ་བཏུག་པ། 翘起姆指（表示赞许、满意、胜利）



## 47. Rubbing Face འགྲམ་པ་ཕྱར་བ། 搓脸

Tibetans rub their cheek with their fist if they feel threatened.  
This gesture shows that they are feeling nervous and shy.

### VOCABULARY

cheek མཁྱར་ཚེ། 脸蛋

gesture རྒྱུ་འགྱུར། ལུས་དང་ཡན་ལག་གིས་བད་སྟོན་བ། 手势

nervous རེ་མས་འཚུབ་བ། 紧张

rub ཕྱར་བ། 搓; 揉

shy རེ་ཚེ། 害羞



#### 48. Ear Pulling རྩ་འཐེན་པ། 拉耳朵

Ear pulling happens the night before the wedding in Xunhua County, Qinghai Province. The groom comes to the bride's family home with a friend. All youths from the bride's village gather in her home and wait. When the groom and his friend arrive, they sit on the bed with village boys. Village girls sit on stools on the ground. All the women rush at the groom and pull his ears. The groom tries to defend himself and his friend helps. Everyone laughs. The groom and his friend must placate the women by singing to them or giving them money.

#### VOCABULARY

county སྡེ་ཁོང་། 县

defend བྱང་སྦྱོབ་ཅེད་པ། 保卫

province ཞིང་ཆེན། 省

pull འཐེན་པ། 拉

rush ཐུལ་འཛུལ་གྱིས་འགྲོ་བ། 冲, 闯, 匆促行事

stool ལྷུབ་ལྷེགས། 凳子





#### 49. Welcoming Guests མགོན་བསུ་ཐེང་པ། 迎接客人

When guests come to a Tibetan home, all the family members come out and welcome them. The family then invites the guests into the house.

#### VOCABULARY

family བྱིས་ཚང་། 家

guest མགོན་པོ། 客人

member ཚགས་མི། 成员

welcome དགའ་བསུ་བྱ། 欢迎, 迎接



## 50. Doing Prostrations ལྷག་འཚལ་བ། 磕头

Tibetans do many prostrations in their family shrine if they become ill. They also do prostrations after recovering from an illness. They believe this brings them blessings from Buddha and Buddhist deities. These blessings keep them healthy.

### VOCABULARY

become ill ལྷག་ 生病

deities ལྷ། 神

prostrations ལྷག་འཚལ་བ། 磕头

recover ལྷག་འཚལ་བ། 恢复



## 51. Butter Flower མེ་ཏྲག་མཚོང་མཇུག་ 酥油花

Butter flowers are a significant Tibetan art form found in Kumbum Monastery and other monasteries. Kumbum monks display the butter flowers they made on the fifteenth day of the first lunar month. Butter flowers are made from butter colored with powdered dye. They are only made in winter. While making the flowers, monks use cold water on their hands. This prevents their hands from melting the butter.

### VOCABULARY

art form རྒྱུ་རྩལ་གྱི་བཟོ་སྒྲུབ་ 艺术风格

dye ཚོས་རྒྱག་པ། 染色

powdered བྱེ་མར་བཏང་པའི། 粉状的

prevent མཐོན་འགོག་བྱེད་པ། 预防







52. Scratching the Throat to Beg མིད་པ་འཕྱགས་ནས་སྒོང་མ་བྱེད་པ། 挠喉乞讨

A person scratches their throat with a finger to show that they are in a difficult situation and really need help. This is a begging gesture. They might ask for help first and then perform this gesture if the person refuses.

VOCABULARY

begging སྒོང་མ་བྱེད་པ། 乞丐

refuse དང་ལེན་མི་བྱེད་པ། 拒绝

scratch འཕྱགས་པ། 抓，刮伤

throat མིད་པ། 喉咙



### 53. Gutig རྒྱ་ཐུག 藏族的除夕饭

Tibetans eat a special meal called *gutig* on New Year's Eve. People first clean their homes. Then they prepare *gutig* and eat it. All family members must be at this meal. People think that Shinjyi chijyal, the deity who judges people after death, comes to weigh each person that night. People try to eat as much as they can so they will feel heavy. If they are heavy, Shinjyi chijyal thinks they are a good person.

#### VOCABULARY

heavy ལྗང་མོ། 沉重的

judge གདེང་འཛིག་བྱེད་པ། 评判

New Year's Eve གནམ་ལྗོང་། གནམ་གང་། 新年前夕

weigh ལྗང་ཚད་འཇལ་བ། 称重量



## 54. Tibetan Footbag ཐུ་ཐུག་ 沙包

Tibetan children play with a footbag every day during the winter holidays. They first divide into two groups. Then they count their members. Players then kick the footbag in the air. They count the number of times each person kicks the footbag. They then add up the total number of kicks for each team. The team with the highest number wins. The losers throw footbags to everyone in the winning group.

### VOCABULARY

divide བཞོ་བ། ཆ་བཞོས་རྒྱུ་བ། 划分

kick རྒྱུ་ཐོའམ་རྒྱུ་རྒྱུ་བ། 踢





## 55. Winking མིག་འཚུངས་རྒྱག་པ། 眨眼

Winking expresses romantic interest in a person. Both men and women can do it. People do this especially in public places. It conveys their interest to another person. It can also express anger. If you look at another person and deliberately wink, it shows that you are angry with them.

### VOCABULARY

deliberately བསམ་བཞིན་དུ། 故意地

interest དགའ་ཕྱགས། 兴趣, 爱好

romantic རྟོག་འཆར་གྱི། བརྟེན་དུང་གིས་རྒྱག་པའི། 浪漫的

wink མིག་འཚུངས་འཚུངས་བྱེད་པ། མིག་ཟིམ་ཟིམ་བྱེད་པ། 眨眼





## 56. King Gesar གླེང་གེ་སར་རྒྱལ་པོ། 格桑尔王

King Gesar is one of the most famous people in Tibetan history. He was more than a mythical figure. When he was alive, he urged all Tibetans to expel evil spirits and cruel overlords. Gesar wanted to bring peace to Tibetans. He symbolizes peace, wisdom, justice, and Tibetans' bravery. Tibetans are proud of their great king.

### VOCABULARY

famous ལྷན་གྲགས་ཅན། 有名的

justice གྲང་བདེན། 公正，正义

mythical ལྟ་རྒྱུང་གི། 神化的

overlord ས་བདག་གཙོ་ཕྱིང་། 最高统治者



格萨尔王

## 57. Sticking Out the Tongue རྗེ་བཞིངས་པ། 伸舌头

Tibetans stick out their tongue when they are embarrassed. They might do it when they give an incorrect answer, or when they forget something. This gesture also indicates surprise.

### VOCABULARY

incorrect རྗེ་འབྲུག། 不正确的

stick out མངོན་པར་བྱེད་པ། རྗེ་འབྲུག་པ། 伸出来, 突出

tongue རྗེ། 舌头





## 58. Dew ཟེལ་བ། 露珠

Tibetans believe dew is very good for people's skin. Early on summer mornings, before sunrise, people wash their faces with dew. Tibetans believe this keeps the skin smooth, white, and healthy.

### VOCABULARY

dew ཟེལ་བ། 露水

healthy བདེ་ཐང་། 健康的

keep ལྷན་སྦྱང་བ། ཟུང་བ། 保持

skin སྐུ་ལྗགས། 皮，皮肤

smooth འཇམ་པོ། 光滑的





## 59. Eight Auspicious Symbols བཏཱ་ཤིས་རྟགས་བརྒྱད། 八吉祥宝

The Eight Auspicious Symbols are: an umbrella, a wheel, a victory banner, a vase, a lotus, a pair of golden fish, an endless knot, and a conch shell. Tibetans believe that each of the symbols provides protection and brings luck. These symbols can be seen in homes and monasteries and on cups, bowls, and paintings.

### VOCABULARY

auspicious བཏཱ་ཤིས་པའི། 吉祥的

conch རྩང་དཀར། 海螺

endless knot དཔལ་ལུག་ 吉祥结

golden fish གཤེར་ཉ། 金鱼

lotus མེ་རྟག་པ་མ། 莲花

umbrella གདུགས། 伞

vase ལྷམ་པ། 花瓶

victory banner རྒྱལ་མཚན། 胜利幢

wheel འཁོར་ལོ། 轮



60. Don't Throw Hair into the River རྩ་ཕན་ནང་དུ་སྒྲུ་མ་དོད། 不要在河里扔头发

Boys and girls enjoy swimming in streams during summer. They also wash their hair there. Elders tell children not to throw their discarded hair into the river. Discarded hair is bad for people downstream. Elders tell children that if they throw hair in the water, a water deity will punish them.

VOCABULARY

discard འདོར་བ། 抛弃

downstream རྩ་གཞུང་། 在下游

punish ཆད་པ་གཙོད་བ། 惩罚

swim རྩ་རྒྱལ། 游泳



## 61. Seeing off Guests རྒྱལ་མ་ཕྱེད་པ། 送客

Hosts ask guests to stay when guests try to leave. Hosts see guests off if the guests insist on leaving. The hosts walk a little way with the departing guests.

### VOCABULARY

depart ཁ་བྲལ་བ། 离开

host རྒྱུན་བདག་མགོན་ཕྱེད་པ། 东道主



## 62. Coral Necklace ལྷ་ཐའི་སྐུ་རྒྱུ། 珊瑚项链

Tibetans wear necklaces made from large chunks of coral and turquoise. This displays their wealth and beauty to others.

### VOCABULARY

chunk ཏུམ་བུ། 大块

coral ལྷ་ཐ། 珊瑚

necklace སྐུ་རྒྱུ། 项链

wealth འབྱོར་ལྡན། 财富





63. Don't Cut fresh Grass མྱ་འབྲེག་མི་བྱེད་པ། 不要割嫩草

Tibetans do not cut fresh grass. Elders scold children who cut fresh grass. Cutting fresh grass is considered a brutal and uncompassionate act, like killing a baby.

VOCABULARY

brutal གདུག་རྩལ་ཅན་གྱི། 残忍的

fresh གསར་བ། 新鲜

grass མྱ། 草

scold ཐུགས་པ། 责骂

uncompassionate རྟོང་ཚེ་མེད་པ། 没有同情心的



## 64. Shaking Your Fist ལྷ་རྩྱུང་བཞིངས་པ། 摇拳头

Men traditionally shake their fists to threaten others. They make both hands into fists and brandish them at their opponent. They have an angry expression on their face.

### VOCABULARY

brandish གཡུག་གཡུག་བྱེད་པ། 挥舞

expression རྣམ་འགྱུར། 表情

opponent དག་ཡ། 对手



65. Don't Kill Fishes or Frogs ཉ་དང་ཟུལ་བ་མ་གསོད། 不要杀害鱼和青蛙

Tibetans think fish and frogs are water deities' pets. They therefore never kill or eat such animals. They believe that eating fish and frogs brings disaster to a family.

VOCABULARY

disaster གནོད་འཚེ། 灾难

fish ཉ། 鱼

frog ཟུལ་བ། 青蛙

pet གཅེས་ཉར་སྒྲིག་ཆགས། 宠物







## 66. *Tsampa* ལྷམ་པ། 糌粑

*Tsampa* is the most common Tibetan food. It is made from butter, cheese, sugar, tea, and roasted barley flour. Tibetans traditionally eat *tsampa* for breakfast. They first pour a bowl of tea. Then, they add butter, cheese, and sometimes sugar. They next knead the roasted barley flour into dough with their right hand.

### VOCABULARY

common རྒྱུར་བཏང་། 常见的，一般的

dough བག་ཕྱ། 生面团

knead ཇི་བ། 揉

pour ལྷག་པ། 倒，灌

roasted རྩེག་པའི། 烤的

*tsampa* ལྷམ་པ། 糌粑



## 67. Rubbing the Head མགོ་ཐུར་བ། 搓头

Rubbing one's head is a common Tibetan custom. Students often do it if a teacher asks a question and they do not know the answer. It indicates surprise and embarrassment. It also shows respect for the teacher.

### VOCABULARY

custom ཐོལ་རྒྱུན། 习俗

embarrassment རེ་ཆེ་བ། 尴尬

surprise ཧ་ལས་པ། 惊讶



## 68. Don't Disturb Frogs near the House

བྱིམ་གྱི་ཉེ་མ་ན་ཡོད་པའི་སྐལ་བ་ལ་གནོད་འཚེ་མ་གནོད། 不要招惹房子附近的青蛙

Tibetan elders scold children who play with frogs near the house. Elders say that frogs were family members in their previous lives. Frogs around the house should therefore not be harmed.

### VOCABULARY

family member བྱིམ་མི། 家庭成员

harm གནོད་འཚེ། 伤害

life མི་ཆོ། 生活

previous སྔ་མའི། སྔ་ཆད་གྱི། 以前的



## 69. Butter Cake ཐུད། 酥油饼

*Tud* is a Tibetan food made of butter, *tsampa*, cheese, and sugar. It is often made at weddings. The process of making *tud* is:

1. Melt butter
2. Sift small pieces of cheese in a bamboo sifter
3. Put the cheese, *tsampa* and sugar into the melted butter
4. Mix the ingredients together in a basin
5. Put the basin in a cold place and leave overnight
6. Put the basin containing the *tud* on the stove briefly
7. Then remove the *tud*

## VOCABULARY

bamboo sifter ཐུག་མའི་ཚགས། 竹筛

basin ཀ་ཏོ་ར། 盆

briefly དུས་ཟུང་ཟུང་ཞིག་གི་ནང་དུ། 短暂地

melt བཟུ་བ། 融化

mix བསྐྱེས་པ། 搅合

overnight ཞག་མ་གཅིག་ 整夜

remove གནས་སྡོད་པ། སེལ་བ། 移走、去除





## 70. *Pagtsa marka* Bread ག་རེ་པག་ཙ་མར་ལ། 糖酥饼

*Pagtsa marka* is made from butter, cheese, sugar, and flour. People usually eat it when important guest come and during the New Year. It is popular in pastoral areas. Women often make *pagtsa marka*. The woman makes many small pills of dough. She boils them in hot water. Secondly, cheese is sifted in a bamboo sifter. Next, butter is melted. The sugar, cheese, and dough pills are placed in it. All the ingredients are boiled. The *pagtsa marka* is then served and eaten.

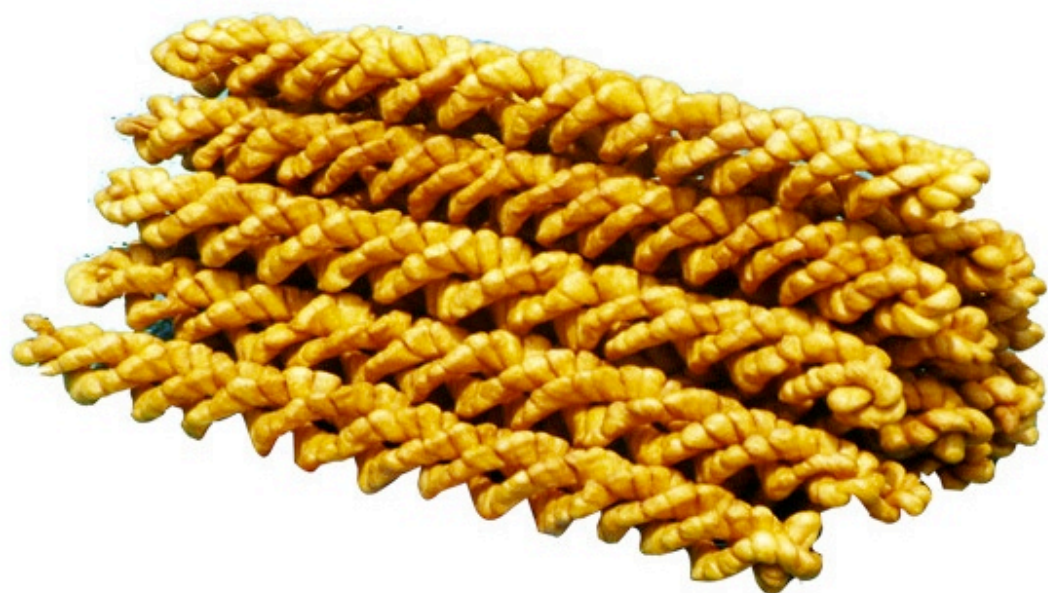
### VOCABULARY

ingredients ལྗོར་ཇལ། 配料

pills རིལ་བྲ། 药丸

serve འབས་འདེགས་བྱ་བ། 服务

sift བཙགས་པ། 筛选



## 71. Noodles ཐུག་པ། 面条

Noodles are common in Tibetan areas, especially in southern Tibet. There are several kinds of noodles. *Tentig* is small flat pieces of dough cooked in a soup with meat and vegetables. *Tsajur* is cooked with *tara*, salt, and onions. These ingredients are then boiled in water with long, thin noodles. *Tsajur* is sour. *Hubser* are long thin noodles that are taken out of their broth and covered in oil. Garlic, chili, and vinegar are added. *Hubser* is popular during summer when the weather is hot.

### VOCABULARY

dough ཐུ་རྩེས་མ། 面团

kind རིག་པ། 种类

several འགའ་ཅེ། 一些

sour ལྗང་མ་བཟོ་བ། 发酵



## 72. Eloping གསང་ཚུལ། 私奔

Sometimes a boy and girl want to marry but their parents disagree. They might then elope. The elopers tie a *katag* on the courtyard gate. The parents sometimes reconcile with their eloped children. The children can then return home. In other cases, the eloped couple lives in exile for the rest of their lives.

### VOCABULARY

couple བཟའ་ཞྏ། 一对

courtyard ཁྱིམ་ར། 庭院

elope གསང་ཚུལ་དུ་འགོ་བ། བསང་ཚུལ། 私奔

exile རྒྱལ་ཚུལ། 流亡地

reconcile འདུམ་སྦྱིག་ཁྱེད་པ། 调和

tie འཛིང་བ། 系上





### 73. Scratching Your Cheek འགྲུ་འཕྱ་བྱེད་པ། 摸脸嘲弄

This gesture shows that someone else is behaving shamefully. Others do this gesture to show their disapproval if someone says embarrassing things in public. This gesture communicates to the speaker that they are behaving badly.

#### VOCABULARY

behave བྱ་ལྟོད། 行为表现

disapproval ཚག་མཆན་མི་གནང་བའི། 不赞成

public ཐུ་སྤྱོད་ཀྱི། 公共的



## 74. Bread ཀ་རེ། 馍馍

Bread is a popular Tibetan food. There are many kinds of bread. Bread deep-fried in oil is called *gomar* – red bread. Bread baked in a pot is called *goja* – gray bread. Steamed bread is usually eaten for breakfast and lunch.

### VOCABULARY

bake རྩེག་པ། 烤

deep-fry ལྷུ་མ་རྩེག། 油炸

pot སྤ་ང། 锅

steamed bread ཀ་རེ་ཁོ་བཙོས་མ། 蒸馍



## 75. Don't Disturb Snakes ལྷལ་མ་དགྲོག་ 不要招惹蛇

Tibetans believe that snakes are close relatives of water deities. Water deities become angry if you kill snakes. A snake later bites you when you sleep.

### VOCABULARY

bite སྐྱེད་བས་པའམ་རྒྱལ་བ། 咬

snake ལྷལ་ 蛇



76. Showing Your Little Finger མཐུང་ཆུང་བསྟན་ནས་འཕྱ་སྒྲེད་པ། 用小指嘲弄

Showing your little finger is bad. It communicates that you have a poor opinion of someone or something. It shows that you think the person or thing is the worst. It also communicates your wish for bad things to happen. It is a kind of curse.

VOCABULARY

communicate འབྲེལ་འདྲིས། 交流

curse དམོད་པ། 诅咒

little finger མཐུང་ཆུང་། 小指

worst ཆེས་ཞན་པའི། 最差的





## 77. Extra Meal རྩེད། 额外餐

Tibetans have a small meal between lunch and dinner. This is usually around four-thirty. This meal is called *jalag* or *shija*. It is not as important as lunch and dinner. People drink tea. They eat bread and leftovers from breakfast or lunch.

## VOCABULARY

leftovers རྩེད་ཕྱི་ལོ་ 剩饭



## 78. Don't Urinate or Defecate in Springs

ཐུ་འགོ་ནང་དུ་གཅིན་སྐྱུག་གཏོང་མི་ཅང་། 不要在泉水里大小便

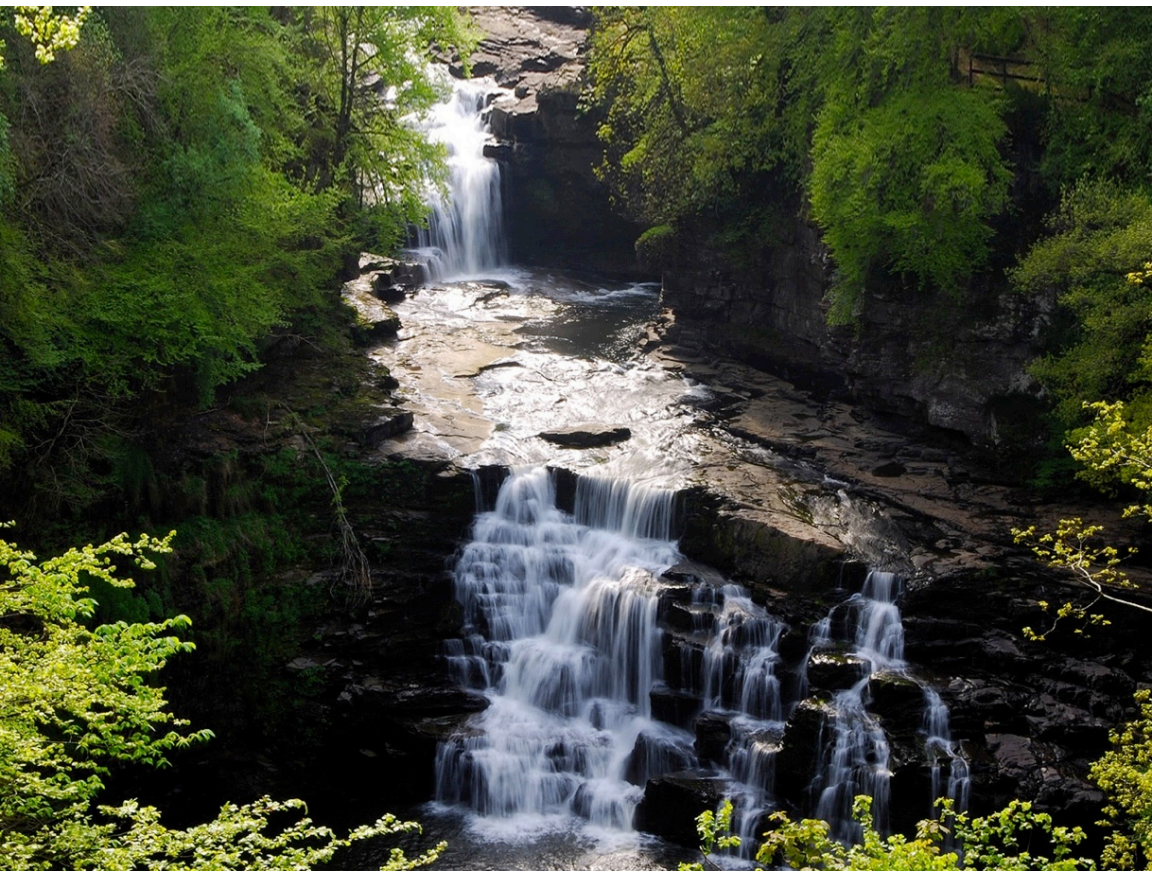
It is taboo for Tibetans to defecate or urinate in water. Elders tell youngsters not to urinate or defecate in water. They say water deities will become very angry. Water deities might send nightmares or cause illness. Water deities also cause sores to appear on the skin.

### VOCABULARY

nightmares མི་ལམ་ངན་བཤམ་འཇིགས་སྐྱུག་ཅན། 噩梦

sore མེ། 疮

urinate གཅིན་གཏོང་བ། 撒尿



## 79. Yoghurt ལྡ 酸奶

Yoghurt is common in pastoral areas. Most Tibetans have yoghurt with sugar after meals. However, some Tibetans don't put sugar in their yoghurt. They think sugar in yoghurt is unnatural. Yak yoghurt is more nutritious than cow yoghurt.

### VOCABULARY

unnatural རྒྱུན་མཐག་མེད་པ།རང་བཞིན་མ་ཡིན་པ། 异常的、不纯的

yoghurt ལྡ 酸奶





森永  
アロエ  
のむ  
ヨーグルト

キレイつづくおいしさ

For Beauty Body

(栄養機能食品(ビタミンB<sub>6</sub>))  
1日分の1/2のビタミンB<sub>6</sub>

食生活は、主食、主菜、副菜を  
基本に、食事のバランスを。

130g 酪乳180g



## 80. Meat རྩ་ 肉

Tibetans eat meat on special occasions. Nomads eat meat more often than farmers. People commonly eat mutton and beef. They boil the meat and eat it with a knife.

### VOCABULARY

beef ལྔ་མ་རྩ་ 牛肉

knife རྩ་ 刀

mutton ལྔ་མ་རྩ་ 羊肉

nomad འབྲོག་པ། 牧民



## 81. Asking About Health འཚམས་འདི་བྱེད་པ། 请安

Hosts ask about guests' health whenever guests visit. They especially ask about parents and grandparents. This shows that they care about their guests.

### VOCABULARY

care རྩུམ་པ། 关心

grandparents ལྷོ་བོ་དང་ལྷོ་བོ་ལ་མའི་པ་མེ། 爷爷奶奶

parents པ་མ། 父母



## 82. Naming མིང་འདྲགས་པ། 取名

Parents go to a prominent tantric master to get a name for their child. They believe spirits will disturb the child if it doesn't have a strong name. The child becomes ill if an unsuitable name is given. The parents then seek a new name for the child. They might ask a *lama*. The child is thus protected and grows up healthily.

### VOCABULARY

name མིང་། 名字

tantric master རྒྱལ་མ་པ། 奔奔子（密宗大师）

unsuitable མི་འཚམས་པའི། 不适合的



83. Insisting That Guests Eat མགོན་པོ་ལ་ཟས་ཀྱིས་སྤེ་ལེན་ཡང་ཡང་བྱེད་པ། 坚持  
让客人吃

Tibetans insist that guests eat until they are full. Once a guest sits down, the hosts frequently say, "Eat," and then, "Eat more." The purpose is to ensure that guests eat enough. Hosts hope that guests' stomachs are full when they leave.

VOCABULARY

frequently ཡང་ཡང་། 频繁地

full རོ་བ་རྒྱགས་པ། 饱

purpose དམིགས་ལུལ། 目的

stomach རོ་བ། 肚子





## 84. Don't Hunt Animals on Holy Mountains

གནས་རི་ཕྱིང་རི་དྭགས་རྩོན་མི་ཚོ། 不要在圣山上打猎

Even though Tibetans hunt, they do not kill randomly. They do not kill animals that live in holy places. Tibetans say that animals in holy places are the livestock of mountain deities. The mountain deity becomes angry if people kill those animals. The deity punishes them by taking their livestock.

### VOCABULARY

hunt རི་དྭགས་རྩོན་པ། 打猎

livestock སྒོ་ཕྱུགས། 牲畜

random གང་འདྲོད་དུ། གང་ཅུང་ཞིག། 任意的



## 85. Giving Gifts ལེགས་སྤྲེལ་འབྲུལ་བ། 送礼物

Hosts do not customarily allow guests to leave empty-handed. Allowing guests to leave empty-handed is considered a sign of displeasure. The host usually gives such gifts as bread, butter, or *katag* to their departing guest.

### VOCABULARY

allow ཟུང་བ། 允许

customarily གོམས་གཤིས་ཀྱིས། 习惯地

displeasure མི་དགའ་བ། 不高兴

empty-handed ལག་སྟོང་། 空手



86. Don't Cut Trees near the Sacred Spring

ཐུ་འགོ་འགམ་གྱི་སྤྲོད་མ་གཅོད། 不要砍圣泉水旁的树

Tibetans never cut trees near sacred springs. They believe that water deities live in sacred springs. Cutting trees nearby makes the water deity angry. The deity causes people to get sick.

## VOCABULARY

angry 𑖦𑖪𑖫 愤怒的, 生气的

sacred བྱིན་ལྷགས་ཅན། 神圣的

sick ན་བ། 生病的







87. Staying With Guests མགོན་པོ་དང་མཉམ་དུ་འདུག་པ། 和客人呆在一起

Hosts remain with guests while the guests stay. It is considered disrespectful to leave the guest alone. Hosts and guests usually chat. Guests are also offered food and tea.

VOCABULARY

alone ཁེར་གྱིང་། 独自

chat རྒྱུང་མཉམ་བྱེད་པ། 聊天

disrespectful ལྷུས་བ་མེད་པ། 无礼的

remain རང་སོར་གནས་པ། 留、待



## 88. Water Burial ལུང་པ། 水葬

Tibetans have several different ways to dispose of corpses. Water burials take place on auspicious days chosen by a *lama*. The family of the deceased invites ten to fourteen monks to chant scriptures for at least a week. Relatives gather to help cook food. After the chanting is completed, villagers carry the body to a clean river. The body is thrown in the water and fish eat it. This is one reason many Tibetans do not eat fish.

### VOCABULARY

carry སྐྱེལ་བ། 搬运

dispose ག་ཅི་མ་ལྟར་སྒྲིག་བ། 布置

at least མ་མཐའ་ཡང་། 最起码



## 89. Almsgiving ཐུན་པ། 施舍

Hosts give food to beggars and pilgrims who ask for it. Hosts offer more food to pilgrims. They may offer a bag of *tsampa*, a loaf of fresh butter, meat, and some cheese. After giving food to a pilgrim or beggar, people usually say, "May the Three Jewels bless all sentient beings and overcome all suffering!" This wishes the pilgrims and beggars well and gives them good luck.

### VOCABULARY

jewels རྩ་བ། 宝石

loaf རྫོག་བྱ་གཅིག 块

overcome རྩམ་པར་རྒྱལ་བ། 战胜

Three Jewels དཀོན་མཆོག་གསུམ།

wishing... well བདེ་བར་སྐྱོན་པ། 良好的祝愿



## 90. Milk and *dri* ལྷོ 鲜牛奶

*Dri* is the milk of a female yak that has recently given birth. It is rare and difficult to get. People drink it in spring and summer. Children and babies commonly drink both milk and *dri*.

### VOCABULARY

birth ལྷོ་པ། 出生

rare ལྷོ་ནུབ། 罕见的

recently ཉེ་ཆར། 最近





## 91. Offering Food རས་འབྲུག་པ། 供食

Hosts offer the best food to guests to show respect to them. For example, they offer *tsampa*, meat, and milk tea. Guests should accept this food with both hands. Elders should be offered food first. Milk tea should be poured constantly, even if the guests are not drinking it.

### VOCABULARY

best ཆེས་བཟང་བའི། 最好的

constantly ལྷན་ཆད་མེད་པར། 不断地



## 92. Helping One-another ཕན་ཚུན་ལ་རོགས་རམ་བྱེད་པ། 相互帮助

Tibetans have many rituals and parties that involve the entire village. Weddings and funerals are two such rituals. A donor typically buys and organizes everything. Holding such rituals helps villagers. Villagers say negative things about people who are stingy and do not help others.

### VOCABULARY

donor ཞལ་འདེབས་འབྲུལ་མཁན། 捐赠者

involve འབྲེལ་ཡོད་འཆུད་པ། 牵涉，介入

party སློ་ཚོགས། 宴会

stingy བེར་སྒྲ་ཅན། 吝啬





93. Don't Take Anything From a Holy Place བཙན་སའི་དངོས་པོ་མ་འཁྱེར།  
不要拿圣地的任何东西

Tibetans respect the supernatural, including mountains and forests. If they take anything from these places they believe they are stealing from the deity that lives there. The offended deity might cause illness or other misfortunes.

VOCABULARY

misfortune བཟ་མི་ཤེས་པའི། 不幸

offend འཁང་ར་ཕྱེད་པ། 冒犯

supernatural རང་བྱུང་ཁམས་ལས་འདས་པའི། 超自然的





## 94. *Nyog* ལྷོག 豆面饭

Tibetans have a special food called *nyog*. There are several kinds of *nyog*.

1. *Zernyog* is made from oil and flour cooked in water.
2. *Shran'nyog* is made from bean flour cooked in water.
3. *Dri'nyog* is made from rice, raisins, and jujubes cooked in water.
4. *Shi'nyog* is made from wheat flour cooked in water.
5. *Kar'nyog* is made from flour, meat, and vegetables cooked together in a bowl.

Most *nyog* can be eaten with chili and garlic but *dri'nyog* cannot.

## VOCABULARY

bean flour བྲུ་ཕྱེ 豆面

jujubes ལྷོ་ཕྱེ 枣

raisins ལྷོ་ལྷོ་ལྷོ་ 葡萄干

wheat ལྷོ་ 小麦



## 95. *Monlam* མོན་ལམ། 祝福

Monlam means 'praying'. Villagers gather to pray for a better life during the Monlam Festival. Young and old people wear their best Tibetan robes and most expensive jewelry. They sing traditional songs and dance together. Each household contributes delicious food. The Monlam Festival honors and celebrates famous religious figures. For example, in Jantsa County people gather in the *mani kang* and chant *mani* to commemorate Je Tsongkhapa, the founder of Gelug Buddhism.

### VOCABULARY

commemorate དྲན་གསོ་བྱེད་པ། 纪念

contribute ཞལ་འདེབས་རྒྱལ་པ། 奉献

delicious ཞིམ་པོ། 美味的

expensive གོང་ཆེན། 昂贵的

founder གསར་གཏོད་མཁའན། 创建者



96. Guests Can Come at Any Time རྒྱུ་ཡང་མཐོན་དུ་ཕེབས་པ། 客人随时可以来拜访

Guests can come at any time. They do not need to call first or arrange an appointment. Guests usually visit to chat, eat meals, chant scriptures, and help with work.

## VOCABULARY

appointment བསྐོད་གཞག་ 预约

arrange བསྐོད་སྒྲིག་ཟེང་པ། 安排

scripture ཆས་དཔེ། 经文



## 97. Chanting ཚུལ་འདོན་བ། 颂经

Chanting is important for Tibetans. Villagers invite monks to chant when people are sick or possessed by ghosts, when a natural disaster occurs, or when a baby is born. Families also invite monks to chant every year. This ensures the family's prosperity in the coming year.

### VOCABULARY

ensure རེས་བཏན་བཟོ་བ། 担保

natural disaster རང་བྱུང་གནོད་འཚེ། 自然灾害

possessed ལུས་ཉིང་དུ་ཁྱུགས་པ། 附体

prosperity རྒྱ་ནེ། 财产





## 98. Sitting བཞུགས་ཐྱེངས། 坐姿

Guests are offered the best seats in Tibetan households. Guests shouldn't stretch their legs out. They should sit cross-legged. Guests should take off their shoes if they sit on the bed. Older guests should sit first. Younger guests should wait for elders to sit.

### VOCABULARY

cross-legged འཁྱུ་ཁྱུང་། 跏趺坐

household ཁྱིམ་ཚང་། 家庭

stretch རྒྱུང་ལག་སྟགས་པ་བཞུངས་པ། 伸出



## 99. Fasting ལྷུང་གནས་སྤང་བ། 斋戒

Fasting is a Tibetan religious ritual. The procedure and time of the ritual vary from place to place. A common date is on Buddha's birthday – the fifteenth day of the fourth lunar month. Participants fast for two or three days. They eat a little in the morning, and only drink tea or water throughout the day. A religious teacher may give teachings.

### VOCABULARY

fasting ལྷུང་གནས་སྤང་བ། 斋戒

procedure ལྷུང་རིམ། 步骤

throughout མགོ་ནས་མཇུག་བར། 从头到尾



## 100. Exorcising Ghosts འདྲེ་འདུལ་བ། 驱邪

If a family member gets sick or dies in an accident, the family visits a diviner and asks why this happened. The family may need to exorcise a ghost. There are a variety of rituals to achieve this. Monks often make a small *tsampa* effigy. They chant for one or two days and then dispose of the effigy. This is thought to exorcise the ghost.

### VOCABULARY

accident ཆག་སྒོ། 事故

exorcise འདྲེ་འདུལ་བ། 驱魔

variety རྣམ་པ་ལྗོངས་པ། 多样化







## 101. Beating Your Forehead མོད་པ་བརྒྱབས་པ། 拍前额

People sometimes forcefully beat their forehead with an open hand or fist. This gesture shows regret or forgetfulness. People also do this if they have done something stupid. Mostly older people do this gesture.

### VOCABULARY

forcefully བཙན་དྲག་གིས། 用力地

forgetfulness བརྗེད་མ་བ། 健忘

regret འཇོད་པ་སྦྱེས་པ། 懊悔

stupid ཐུན་པ། 愚蠢



## 102. Picnic ལྷ་གསེང་། 野外聚餐

People often choose a sacred or naturally beautiful site and hold a picnic there. The entire village sometimes has a picnic together. People picnic together during New Year in some places. In other areas, they picnic in summer. It is considered relaxing and enjoyable to be out in nice weather on the grassland.

### VOCABULARY

picnic ལྷ་གསེང་། 野外聚餐

relaxing འཕ་གསོ་བ། 放松



### 103. Dealing with a Corpse བཅའ་པོ་གཙང་དག་བྱེད་པ། 收尸

Dealing with corpses is a Tibetan religious activity. Tibetans believe in the existence of a soul. They therefore do many things to guide a dead person's soul to the next life. Lamas are invited to chant instructional scriptures. Relatives take turns protecting the corpse from cats. If a cat touches the corpse, it becomes a zombie. Villagers also gather around a corpse to chant. The village leader explains to the corpse the offerings that have been made. A comfortable next life is thus ensured for the dead person.

#### VOCABULARY

comfortable ལྡང་བ་བྱིད་པ། 舒适的

deal with ཁ་གཏད་འཇུག་པ། 应付

existence གནས་པ། 存在

guide མཛུབ་སྟོན་བྱེད་པ། 指导

instructional སླབ་སྟོན་གྱི། 指导的

soul ལྷ། རྣམ་ཤེས། 灵魂

zombie རོ་ཐུགས། 僵尸



## 104. Speaking Competition གཏམ་ཐེང་འགན་བསྐྱུང་། 演讲比赛

This activity happens during the New Year. Two groups of males and females face each other. One group begins talking. The other group then replies. How people speak, rather than what they say, is important. People should speak humorously. They may discuss local gossip.

### VOCABULARY

competition འགན་སྐྱུང་། 比赛

gossip འཆལ་གཏམ། 闲话

reply ལན་འདེབས་པ། 回答





## 105. Tea ཇམ 茶

Tea is the main Tibetan drink. Milk tea, butter tea, and black tea are common. Black tea is made in boiling water. The other two use milk or butter. Butter tea is the most nutritious tea. It is served to honored guests. People drink black tea daily.

### VOCABULARY

honored གུས་འོས་པའི། 尊贵的

main གཙོ་བོ། 主要的

nutritious བསུད་ཚན་པའི། 有营养的



## 106. Horse Race ཏྲ་རྒྱལ་འགན་བཟུང། 赛马

Horse races are an important Tibetan tradition. They are held in Tibetan pastoral regions. Horse races are held on grasslands during summer. Men get up early in the morning and decorate their horses. Only males participate. The winner has the bravery necessary to tame a horse and harness its power. Villagers who attend the horse race wear their finest Tibetan clothes. Men have other tests of skill and agility. These include shooting and performing acrobatics on horseback.

### VOCABULARY

acrobatics འཕྱལ་ཏྲན། 杂技

agility ཐུལ་རྩལ། མཉེན་རྩལ། 敏捷

decorate མངོས་རྒྱན་སྤྲོས་བ། 装饰

harness བཞོལ་སྤྱོད། 治理, 利用

horse race ཏྲ་རྒྱལ་འགན་བཟུང། 赛马

pastoral འབྲུག་ལས་ཀྱི། 畜牧的

tame འདུལ་བ། 驯服





## 107. Boiled Water ལྷུ་ཁྲུང་ 开水

Tibetans drink much boiled water if they get a cold. They believe this cleans the inside of their body and removes the bad things that cause sickness.

### VOCABULARY

boiled ཁྲུང་བཞིན་ 烧开的

cause འབྱུང་བ་ 引起的





## 108. Calling Back the Soul རྩ་འགྲུག་ལ། 招魂

Many Tibetans believe that all things have a soul that never dies. The soul transfers from one body to another. It leaves the body when someone is frightened. The person then loses their self-control. They feel dizzy, nauseous, weak, and sleepy. A soul calling ritual is held to save the person's life. The person's close female relatives often call the soul. This might be the mother or sisters. They call the person's name and say such things as, "Come back! Why have you hastily left home to wander alone! Come back!" If the soul does not return after the initial treatment, such holy people as tantric masters, monks, or *lama* are invited to call back the soul.

### VOCABULARY

hastily རྩལ་འཕྱེད་ཀྱི་ངང་ནས། 匆忙地

holy དམ་པ། 神圣的

initial ངང་ཐོག་གི། 最初的

nauseous རྩུག་ཐོབ། 恶心的

transfer གནས་སྐྱོར་བ། 转移

treatment བཅོས་ཐབས། 疗法



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APPENDIX ONE:  
ALPHABETICAL VOCABULARY LIST

No.	ENGLISH	TIBETAN	CHINESE
100	accident	ཆག་མོ།	事故
8	accumulate	སྐྱང་བཀག་ལོག་པ།	积累
106	acrobatics	འཕྱལ་ལྷོན།	杂技
2	term of address	འབོད་ཚུལ།	称呼
29	admirer	ཡིད་སྣོན་བྱེད་པོ་ཡིད་རང་བྱེད་མཁན།	赞赏者，爱慕者
25	adult	དར་མ།	成年人
6	advice	བསྐྱབ་བྲ།	建议
22	affection	མཇའ་ལེ་མས།	喜爱之情
26	afternoon	ཕྱི་དོ།	下午
34	aggressively	བཅན་ཤུགས་གྱིས།	挑衅地
106	agility	ཐྱུལ་ཆུལ། མཉེན་ཆུལ།	敏捷
24	aim	དམིགས་ལུལ།	目标，瞄准
85	allow	ཅུང་བ།	允许
28	alms	བསོད་སྦྱོམས་བྱིན་པ།	施舍物，救济品
28	almsgiving	བྱིན་པ།	施舍
87	alone	ལེར་རྒྱང་།	独自
5	also	ད་ཅང་ཁྱེད་པའི་ཚོག་མཛད་ཀྱང་ཡང་འང་གསུམ་དང་འདྲ།	并且
5	altitude	རྒྱ་མཚོ་ངོས་ནས་བརྟིས་པའི་མཐོ་ཚད།	海拔
20	Amdo	ཨ་མདོ།	安多
35	amulet	སྐྱང་འཁོར།	护身符 驱邪物
18	ancient	གནང་བོའི།	古老的
86	angry	ཁྲོ་བོ།	愤怒的，生

			气的
36	another	གཞན་པ།	另一个
43	any	གང་ཅུང་།	任何一个
23	apply	བཀོལ།	适用; 应用
96	appointment	བསྐོས་གཞག།	预约
34	apron	པང་གདན། པང་ཁེབ།	围裙
18	architectural	བཅོ་བཀོད་རྒྱ་རྩལ་གྱི།	建筑上的
11	around	ཕལ་ཆེར། ཉེ་འགམ་དུ། ཡས་མས་ཚམ།	在周围,大约
96	arrange	བཀོད་རྒྱིག་ཟེད་པ།	安排
24	arrow	མདའ།	箭, 箭头
51	art form	རྒྱ་རྩལ་གྱི་བཅོ་ལྷ།	艺术风格
41	attention	དོ་རྒྱུང་། བག་ཟོན།	注意, 专心
59	auspicious	བཟང་གིས་པའི།	吉祥的
17	Avalokiteshvara	འཕགས་པ་སྤྱན་རས་གཟིགས།	观世音菩萨
10	back and forth	ཕྱོགས་གཉིས་ཀྱི་བར་དུ།	相互之间的
74	bake	སྟག་པ།	烤
69	bamboo sifter	རྩུག་མའི་ཚགས།	竹筛
25	banquet	སྟོན་མོ།	宴会
28	barley	ནས།འབྲ།	青稞
69	basin	ཀ་ཏོར།	盆
26	bathe	ལྷས་བཟུ་བ། ལྷས་ཟེད་པ།	泡, 洗澡
94	bean flour	ཐན་ཕྱེ།	豆面
1	because of	རྒྱ་མཚན་གྱིས།	因为, 由于
50	become ill	ན་བ།	生病
80	beef	སྐམ་ཤ།	牛肉
38	beer	དབ་ཆང་།	啤酒
28	beggars	སྦང་མོ་བ། སྦང་ལོ།	乞丐
52	begging	སྦང་མོ་བྱེད་པ།	乞丐

73	behave	བྱུང་།	行为表现
5	believe	ཡིད་ཆེས་པ།	相信
33	beneath	འོག་ན།	在...的下方
91	best	ཆེས་བཟང་བའི།	最好的
90	birth	སྐྱེས་པ།	出生
75	bite	སོ་འདེབས་པའམ་རྩྭ་ག་པ།	咬
21	blame	འཁང་ར་བྱེད་པ་སྒྲིན་བརྗོད་པ།	责怪，怪罪
22	blessing	བུམྱ་བའམ་རབ་ནས་གནང་བ།	恩赐
107	boiled	ཁོལ་བའི།	烧开的
16	borrow	ཡུལ་གཞན་གྱི་གོམས་སྒོལ་དང་ཐ་སྙད་སོགས་རང་ ལྷགས་སྤུ་ལེན་པ།	借用
64	brandish	གཡུག་གཡུག་བྱེད་པ།	挥舞
3	brave	དཔའ་ངར་ཆེ་བ།	英勇的
19	bride	བག་མ།	新娘
69	briefly	དུས་ཐུང་ཐུང་ཞིག་གི་ནང་དུ།	短暂地
27	bring	འཁྱེད་ཡོང་བ།	带来，拿来
63	brutal	གདུག་རྩལ་ཅན་གྱི།	残忍的
32	Buddhist	ནང་པ། སངས་རྒྱལ་པ།	佛教徒
81	care	དོ་རྒྱུང་།	关心
7	careful	གཟབ་ནན་གྱི།	小心的，注意的
88	carry	སྐྱེལ་བ།	搬运
107	cause	འབྱུང་བ།	引起的
23	cauterize	མེ་ཐེལ་རྩྭ་ག་པ།	火疗
27	chant	ཆོས་འདོན་པ།	念经
87	chat	སྒྲེང་མོལ་བྱེད་པ།	聊天
9	cheat	མགོ་སྐོར་བ། ལམ་ལོ་ཐོལ་བྱེད་པ།	说谎，欺骗
47	cheek	མཁུར་ཆོས།	脸蛋
6	chess	མིག་མངས།	国际象棋

42	chop	གཏུབ་པ།	剁碎
62	chunk	རྩམ་པ།	大块
10	circle dance	སྐོར་ཐོ།	锅庄舞
37	circular	སྐོར་སྐོར་ཅན།	圆形的, 环形的
17	circumambulate	སྐོར་བ་བྱེད།	转经
45	clay	འཛིམ་པ། འདམ།	泥土
11	clean	གཙང་མ། གཙང་མར་བཟོ་བ།	清洁, 干净、清理
103	comfortable	ཕྱད་བ་སྦྱིད་པ།	舒适的
95	commemorate	བརྗེད་གསོ་བྱེད་པ།	纪念
66	common	ཕྱིར་བཏང་།	常见的, 一般的
76	communicate	འབྲེལ་འདྲིས།	交流
17	compassion	སྦྱིང་ཇེ།	怜悯, 同情
104	competition	འགན་སྦྱར།	比赛
59	conch	བྱང་དྭགས།	海螺
35	conclusion	མཇུག་བཟློམས།	结论, 推论
42	conduct	བསྐོད་འདོམ་བྱེད་པ།	控制
3	conquer	དབང་བྱ་བསྐྱུ་བ།	占领
9	consequences	མཇུག་འབྲས།	后果
19	consider	བསམ་གཞིག་གནང་བ། མཐོང་ཆེན་བྱེད་པ།	考虑
91	constantly	རྒྱུན་ཆད་མེད་པར།	不断地
35	contain	ཤོང་བ།	包含; 容纳
95	contribute	ཞལ་འདེབས་རྒྱག་པ།	奉献
12	controversial	ཚྩོད་གཞིར་གྱུར་པའི།	有争议的
14	cooperation	མཉམ་འབྲེལ།	合作
8	copper	ཟངས།	铜
62	coral	བྱུ་ཐུ།	珊瑚

42	corpse	བེམ་པོ། རི།	尸体
48	county	རྫོང་།	县
72	couple	གཅིག་གཅིག་།	一对
72	courtyard	ཁྱིམ་རུ།	庭院
98	cross-legged	དཀྱིལ་ཁྲུང་།	趺坐
28	cure	སྨན་བཅས་བྱེད་པ།	治疗
76	curse	དམོད་པ།	诅咒
20	cursive	འཕྱག་ཐིམ།	草写的
67	custom	སློལ་རྒྱུ།	习俗
85	customarily	གཉམས་གཤིས་ཀྱིས།	习惯地
21	dangerous	ཉེན་ཁ་ཆེ་བ།	危险的，不安全的
10	dawn	ཐོ་རངས།	黎明
103	deal with	ཁ་གཏད་འཇལ་བ།	应付
19	decide	ཐག་གཅོད་པ།	决定
38	decision	ཐག་གཅོད།	决定
106	decorate	མངོས་རྒྱན་སྒྲིམ་པ།	装饰
24	dedicate	ལེགས་སྦྱོར་གྱི་ཚུལ་དུ་འབྲུལ་བ།	供奉
74	deep-fry	སྤུམ་ཐེག	油炸
32	deeply	གཏིང་ཟབ་པས།	深深地
30	defecate	བཤང་བ་དོར་བ་སྒྲིག་པ་གཏོང་བ།	大便，排粪
48	defend	སྤྱད་སྦྱོབ་བྱེད་པ།	保卫
50	deities	ལྷ།	神
16	deity	ལྷ།	神
55	deliberately	བསམ་བཞིན་དུ།	故意地
95	delicious	ཞིམ་པོ།	美味的
61	depart	ཁ་བྲལ་བ།	离开
58	dew	ཟེལ་བ།	露水



20	dialect	ཁ་སྐད།	方言
11	dig	བཟོ་བ།	挖
11	dirty	བཙོག་པ།	肮脏的
37	disagreement	སློལ་མི་མཐུན་པ།	分歧, 意见不合
73	disapproval	ཚག་མཆན་མི་གནང་བའི།	不赞成
65	disaster	གཞོན་འཚེ།	灾难
60	discard	འདོར་བ།	抛弃
33	disease	ནད། ན་ཚ།	疾病
43	display	འགྲམས་སྟོན་བྱེད་པ།	展示, 展览
85	displeasure	མི་དགའ་བ།	不高兴
88	dispose	གོ་རིམ་ལྟར་བྲིག་པ།	布置
87	disrespectful	གུས་བ་མེད་པ།	无礼的
11	disturb	དྲོག་པ།	招惹
54	divide	བཞོ་བ། ཆ་བཞོས་རྒྱག་པ།	划分
32	diviner	མོ་བ།	占卜者
92	donor	ཞལ་འདེབས་འབུལ་མ་ལན།	捐赠者
66	dough	བག་ཕྱེ།	生面团
71	dough	ཕྱེ་ཇིས་མ།	面团
60	downstream	རྒྱ་གཞུང་།	在下游
16	dozen	བརྒྱ་གཉིས་ཆེན་པ།	十二个
24	drive away	ཕར་བསྐྱད་པ།	驱除, 赶走
10	during	སྐབས་ལ།	在...期间
10	dusk	ས་སྟོད།	傍晚
51	dye	ཚོས་རྒྱག་པ།	染色
16	effigy	གཟུགས་བརྟན།	肖像, 模拟像
11	elder	གོན་པ།	长辈, 长者
72	elope	གསང་བྱོལ་དུ་འགོ་བ། བོས་བྱོལ།	私奔

67	embarrassment	ངོ་ཚ་བ།	尴尬
16	embody	གཟུགས་སུ་སྦྱབ་པ།	化身
85	empty-handed	ལག་སྟོང་།	空手
59	endless knot	དཔལ་མེད།	吉祥结
18	enlarge	རྒྱ་ཇི་ཆེར་གཏོང་།	扩大
97	ensure	ངེས་བཟླ་བ་བློ་བ།	担保
79	especially	ཁྱད་པར་དུ།	尤其是
29	eventually	མཐའ་མར།	终于
91	except	མ་གཏོགས།	除了
72	exile	ཡུལ་ཕྱིལ།	流亡地
12	exist	གནས་པ།	存在
103	existence	གནས་པ།	存在
100	exorcise	འདྲི་འདུལ་བ།	驱魔
40	expel	བཙོན་འཁྱུད་གཏོང་བ། རྩོད་པ།	驱逐, 赶走
95	expensive	གོང་ཆེན།	昂贵的
31	expose	ཧྲིང་མར་ཐོན་པ། རྩོད་པ། རྩོད་པ་ལྟོག་པ།	暴露
46	express	བཤད་པ། མཚན་པ།	表达
64	expression	ནུས་འགྱུར།	表情
19	eyebrow	མིའི་མེད།	眉毛
49	family	བྱིས་ཆང་།	家
68	family member	བྱིས་མ།	家庭成员
56	famous	སྙན་གཞུང་ཅན།	有名的
37	far away	ཐག་རིང་དོ།	遥远
99	fasting	སྦྱང་གནས་སྤང་བ།	斋戒
29	feelings	ཆེར་བ།	感觉, 感想
4	festival	དུས་ཆེན།	节日
13	finest	ཆེས་བཟང་བའི།	最好的
65	fish	གྲ།	鱼

46	fist	ཁྱ་ཚུ་	拳头
24	flag	དར་ཚྭ་	旗，旗标
36	flat	ལེབ་མོ། ངོས་མཉམ་བཞི།	平的
4	folk song	དམངས་ཐུ།	民歌
101	forcefully	བཙན་ངག་གིས།	用力地
101	forgetfulness	བརྗེད་ཤ་བ།	健忘
34	forward	མདུན་ཕྱོགས་ལ།	向前端
95	founder	གསར་གཏོད་མཁན།	创建者
6	free time	ཁོམ་དུས།	空闲时间
36	freeze	ཆབ་རྩོམ་འབྱུགས་པ། དར་ཆགས་པ།	冻结
83	frequently	ཡང་ཡང་།	频繁地
63	fresh	གསར་བ།	新鲜
65	frog	སྐལ་བ།	青蛙
83	full	ཕོ་བ་རྒྱགས་པ།	饱
11	garbage	གད་སྒྱིགས།	垃圾，废物
6	gather	མཉམ་དུ་འཛོམས་པ།	聚集
47	gesture	རྒྱུ་འགྱུར། ལུས་དང་ཡན་ལག་གིས་བརྟུན་པ།	手势
43	get to know	ཤེས་པ།	认识
24	giant	གཟུགས་ཆེ་བའི་མི་བོ་ཆེ།	巨大的，巨人
43	gift	ལེགས་སྐྱེས། ལག་རྟགས།	礼物
41	glance	མིག་ཤར་རྒྱག་པ། མིག་མདའ་འཕངས་པ།	一瞥，匆匆 一看
59	golden fish	གསེར་གྱ།	金鱼
104	gossip	འཆལ་གཏམ།	闲话
81	grandparents	སློ་བོ་དང་སློ་བོ་ལ་མའི་ཕ་མེ།	爷爷奶奶
63	grass	སྐ།	草
49	guest	མགྲོན་པོ།	客人
103	guide	མཛུབ་སྟོན་ཕྱིད་པ།	指导

25	hair-dresser	མེ་སྒྲེ་མཁན།	美发师
68	harm	གནོད་འཚོ།	伤害
14	harmony	འགྲིག་མཐུན།	和睦
106	harness	བཀོལ་སྤྱོད།	治理, 利用
108	hastily	བྲེལ་འཆུབ་ཀྱི་ངང་ནས།	匆忙地
58	healthy	བདེ་ཐང་།	健康的
53	heavy	སྤྱིང་མོ།	沉重的
21	hide	སྐྱེད་པ།སྐྱུང་བ།	躲藏, 隐瞒
108	holy	དམ་པ།	神圣的
105	honored	གུས་འོས་པའི།	尊贵的
2	honorifics	ཞེ་ཚིག།	尊称, 敬语
106	horse race	རྟ་རྒྱུག་འགན་བཟུང།	赛马
61	host	སྤྱིན་བདག་མགོན་བྱེད་པ།	东道主
39	home	ཁང་པ། ཁྱིམ།	房子
98	household	ཁྱིམ་ཚང་།	家庭
14	however	གང་ལྟར་ཡང་།	可是, 不管怎样
84	hunt	རི་དྭགས་རྩོན་པ།	打猎
35	image	འཆར་སྣང་།	印象, 概念
23	immediately	ཟུར་བ་ཟུར་དུ།	立刻
16	implements	ཡོ་བྱད།	工具
43	impolite	གུས་མེད།	无礼的
1	impossible	དཔེ་མི་སྤྱིད་པ།	不可能的
6	improve	ཡར་བསྐྱེད། ཡར་རྒྱས།	提高
14	in this way	འདི་ལྟར།	就这样
57	incorrect	རྩོར་འབྱུལ།	不正确的
28	increase	འཕེལ་བ།	增加
37	indicate	གོ་དོན་མཚན་པ།སྟོན་པ།	指示, 指出

16	indigenous	ས་སྐྱུས་དོན་རྒྱུས་ཀྱི།	本地的，原产的
45	informal	ལམ་སྟེན་ལྟར་མེན་པར།	不正规的
70	ingredients	སྒྲུབ་རྩལ།	配料
108	initial	དང་ཐོག་གི།	最初的
21	injure	རྩལ་སྒྲུབ་གཏོང་བ། རྩལ་བ།	受伤，损害
34	instead	ཚབ་ཀྱི། འུལ་དུ།	代替；顶替
103	instructional	སློབ་སྟོན་གྱི།	指导的
55	interest	དགའ་ཕྱོགས།	兴趣，爱好
41	interested in	དགའ་བ།	感兴趣
25	invite	མགོན་དུ་འབོད་པ། གདན་འདྲན་ལུ་བ།	邀请
92	involve	འབྲེལ་ཡོད། འཆུད་པ།	牵涉，介入
89	jewels	རྩྭ་བ།	宝石
53	judge	གདེང་འཛིག་ཕྱེད་པ།	评判
94	jujubes	རྩྭ་ཕྱུག།	枣
44	juniper	ཕྱུག་རྩོང་།	柏树
56	justice	དྲང་བདེན།	公正，正义
15	<i>katag</i>	ཁ་བཏགས།	哈达
98	<i>kang</i>	ཚ་ཐབ།	土炕
58	keep	རྒྱུན་སྦྲོད་པ། ལྷུང་བ།	保持
20	Kham	ཁམས་ཡུལ།	康巴
54	kick	དོག་ཐོའམ་དོག་དེག་རྒྱག་པ།	踢
71	kind	རིགས།	种类
66	knead	རྩི་བ།	揉
80	knife	གྲི།	刀
18	knowledge	ཡོན་ཏན།	知识
11	lame	ཞ་བོ།	瘸的
24	<i>Latsi Festival</i>	ལབ་ཙོ།	沃堡/山坛

88	least	མ་མཐའ་ཡང་།	最起码
8	leather	མཉེད་གོ་འབྲེང་བ།	皮革
27	leave	ཕྱོད་པ། ཁ་བཤལ་བ།	离开, 把... 留下
77	leftovers	ཟས་ལྟག	剩饭
68	life	མི་ཚེ།	生活
38	liquor	ཆང་དཀར།	白酒
76	little finger	མཇུ་བ་ཚུང་།	小指
84	livestock	སྒོ་ཕྱུགས།	牲畜
5	loads	ཁུར་པོ།	载重
89	loaf	དོག་བྱ་གཅིག	块
59	lotus	མེ་ཉེག་པ་བླ།	莲花
4	lunar month	ལྷགས་ཉིང་།	农历
105	main	གཙོ་བོ།	主要的
17	<i>mani</i> stone	མ་ཉེ་རྩ་འབུམ།	嘛尼石
17	mantra	ཐུགས།	咒语、梵语
19	marriage	བག་སྦྱོན།	婚礼
16	mask	འབག	面具
19	may	མིན་པ། ཆག་པ།	也许, 可以
34	mean(ing)	དོན་སྟོན་པ།	意味, 表示... 的意思
26	medicine	སྨན།	药
69	melt	བཟུ་བ།	融化
49	member	ཆོགས་མི།	成员
40	mental	སེམས་ཀྱི།	心理的, 精神的
8	merit	དགེ་བ།	功劳
29	messenger	ཐོ་གྲ་འཕྲིན་སྒྲུལ་བ།	信使, 送信人
23	method	ཁྱེད་ཐབས།	方法

28	might	མིད་པའི་འདས་ཚེག	表示可能
93	misfortune	བག་མི་ཤེས་པའི།	不幸
69	mix	བསྐྱེས་པ།	搅合
31	mixture	འདྲེས་མཐམ་བསྐྱེས་མ།	混合物
4	monastery	དགོན་པ།	寺院
27	monk	གྲྭ་བ།	和尚
26	morning	མཱ་རྡོ།	上午
11	most	མང་ཤོས།	大多数
37	motion	དར་ཆགས་པ།	(物体的)运动,动作
45	molds	ཆ་པར།	铸模, 模子
13	must X if Y	གཤམ་ཏེ་Y་ཡིན་ན་...ངེས་པར་དུ་X་ཡིན་དགོས།	如果...是 Y... 必须是 X
80	mutton	ལྷག་ཤ།	羊肉
56	mythical	ཅི་སྤྱད་གི།	神化的
82	name	མིང་།	名字
15	narrow	ཞིང་ཁ་རྒྱ་ཆུང་བ།	狭窄的
97	natural disaster	རང་བྱུང་གནོད་འཚེ།	自然灾害
108	nauseous	སྤྱག་ཐོ་བ།	恶心的
7	nearby	ཉེ་སར།	附近, 旁边
33	nearby	ཉེ་འཁོར།	附近
62	necklace	སྐློན་ཁྲི།	项链
47	nervous	སེམས་འཚུབ་པ།	紧张
53	New Year's Eve	གནམ་སྟོང་། གནམ་གང་།	新年前夕
78	nightmares	མི་ལམ་ངན་པའམ་འཛིགས་སྒྲག་ཅན།	噩梦
21	no one	གཅིག་ཅང་མེད་པའམ་མིན་པ།	没有人
80	nomad	འཕྱོག་པ།	牧民
12	nonetheless	གང་ཉར།	尽管如此
13	noon	ཉིན་གུང་།	中午



3	nowadays	དེང་སང་།	现今
105	nutritious	བཅུད་ལྡན་པའི།	有营养的
11	object	དངོས་པོ།	物体
25	occasion	དུས་བབ་། དུས་སྐབས།	特殊场合
93	offend	འཁང་ར་བྱེད་པ།	冒犯
15	offer	འབུལ་བ།	献
10	often	རྒྱུན་དུ།	通常
46	opinion	ལྟ་ཚུལ།	看法
64	opponent	དག་ཡ།	对手
29	organize	གོ་སྐྱོད་བྱེད་པ།	组织、安排
25	ornament	རྒྱན་ཆ།	装饰品
89	overcome	རྒྱམ་པར་རྒྱལ་བ།	战胜
56	overlord	ས་བདག་གཙོ་སྲོད་།	最高统治者
69	overnight	ཞག་མ་གཅིག་།	整夜
8	pack	ཐུག་ཐུག་རྒྱག་པ།	包裹，塞满
18	palace	པོ་ཐང་།	宫殿
34	palm	ལག་མཐེལ།	手掌
81	parents	པ་མ།	父母
92	party	སྤྱོ་ཚོགས།	宴会
106	pastoral	འཕྲོག་ལས་ཀྱི།	畜牧的
30	pedestrian	ལམ་འཁོ་བ།	行人，步行的
10	perform	འཕྲུལ་སྟོན་བྱེད་པ།	表演
65	pet	གཅེས་ཉར་སྟོན་ཆགས།	宠物
40	physical	དངོས་གནུགས་ཀྱི།	身体的
102	picnic	སྤྱོ་གསེང་།	野外聚餐
17	pilgrim	མཇལ་བ་གནས་བསྐྱར་བ།	朝拜者
70	pills	པིལ་བ།	药丸
25	plait braid	སྤྱ་རྩང་ལོ་ཅན།	褶皱的发辫

1	plateau	མཐོ་སྐང་།	高原
29	pleased	སྤོ་བཤིད་ཚེས་པ།	满意的, 快乐的
18	Potala Palace	པོ་ཐང་པོ་ཏ་ལ།	布达拉宫
26	poisonous	དུག་ཅན།	有毒的, 有害的
44	polluted	རྩིས་ངན་གྱིས་བསྐད་པ།	被污染的
3	popular	དར་ཁུབ་ཆེ་བའི།	流行的
97	possessed	ལུས་སྤེང་དུ་ཞུགས་པ།	附体
74	pot	སླ་ང་།	锅
66	pour	ཐུག་པ།	倒, 灌
51	powdered	ཕྱེ་མར་བཏང་བའི།	粉状的
40	power	རྒྱས་མཐུ།	权力, 势力
42	practice	ལག་ལེན།	练习, 实践
32	prayer beads	ཐོང་བ།	念珠
8	prayer wheel	མ་ཉི་འཁོར་ལོ།	经筒
45	press	གཙོན་པ། གཙོར་པ།	压
51	prevent	སྔོན་འགོག་བྱེད་པ།	预防
68	previous	སྔོན་མའི། སྔོན་ཆད་ཀྱི།	以前的
20	print	དཔར་སྐྱུན།	印刷
41	private	སྐོར་གྱི།	私人的
99	procedure	རྒྱུད་རིམ།	步骤
97	prosperity	རྒྱ་ནེད།	财产
50	prostrations	ཕུག་འཚལ་བ།	磕头
44	protection	གྲང་སྐྱོབ།	
48	province	ཞིང་ཆེན།	省
73	public	ཕྱི་སྤྱོད་ཀྱི།	公共的
48	pull	འཐེན་པ།	拉
60	punish	ཆད་པ་གཙོད་པ།	惩罚

35	purify	ལྷ་སྒྲིབ་སེལ་བ།	使洁净
44	purify	ལྷ་སྒྲིབ་སེལ་བ།	使洁净
83	purpose	དམིགས་ལུལ།	目的
36	push	འཕུལ་བ། འབྱུང་རྒྱུ་གཏོང་བ།	推
94	raisins	རྒྱ་འབྲུམ།	葡萄干
84	random	གང་འདོད་དུ། གང་ཅུང་ཞིག	任意的
90	rare	དཀོན་པོ།	罕见的
32	rather than	དེ་ལས།	与其...不如...
14	reach	སྟོང་བ། འབྱོར་བ།	伸手,达到
90	recently	ཉེ་ཆར།	最近
3	recite	ངག་སྒྲིབ།	背诵
72	reconcile	འདུམ་སྒྲིག་བྱེད་པ།	调和
50	recover	སྒར་གསོ།	恢复
52	refuse	དང་ལེན་མི་བྱེད་པ།	拒绝
101	regret	འཇོལ་བ་སྐྱེས་པ།	懊悔
43	relative	ཤ་ཉེ།	亲戚
102	relaxing	ངལ་གསོ་བ།	放松
16	religious dance	འཆམ།	宗教舞
87	remain	རང་སོར་གནས་པ།	留、待
69	remove	གནས་སྡོད་པ། སེལ་བ།	移走、去除
4	renew	བསྐྱར་བཟོ།	更新
104	reply	ལན་འདེབས་པ།	回答
19	reputation	སྒྲ་གཤམ།	名誉
14	respect	གུས་བཀུར།	尊敬
4	ritual	ཆོ་ག།	仪式
66	roasted	ཐོག་པའི།	烤的
55	romantic	རྟོག་འཆར་གྱི། བརྟེན་གསུག་ལའི།	浪漫的

39	roof	ཁང་ཐོག	屋顶
39	room	ཁང་མིག	房间
47	rub	ཕུར་བ།	搓；揉
48	rush	བྱེལ་འཕྱེལ་གྱིས་འགྲོ་བ།	冲，闯，匆促行事
11	sacred	བྱིན་ཆགས་ཅན།	神圣的
86	sacred	བྱིན་ཆགས་ཅན།	神圣的
22	sash	སྐ་རགས།	腰带
15	scarf	སྐད་གིས།	围巾，头巾
63	scold	སྤྲིགས་བ།	责骂
52	scratch	འཕྲུགས་བ།	抓，刮伤
20	scripts	ལག་བྲིས་ཡིག་གཟུགས།	手写的
96	scripture	ཆོས་དཔ།	经文
16	sect	གྲུབ་མཐའ།	教派
13	see off	སྐྱེལ་མ་བྱེད་བ།	为...送行
13	sending off the bride	བག་མ་སྐྱེལ་བ།	送新娘
40	seriously	གཟུགས་ནན་གྱིས།	严肃地
70	serve	ཞབས་འདེགས་ཁུ་བ།	服务
71	several	འགའ་ཅེ།	一些
34	shake	གཡུག་བསྐྱེལ་བ།	摇动，颤抖
47	shy	ཇོ་ཚ་བ།	害羞
86	sick	ན་བ།	生病的
10	side	འགམ་དུག་མ་དུ།	对面的、边
70	sift	བཅོགས་བ།	筛选
15	silk	དར་སྒྲུབ།	丝绸
25	silk-scarf	ཁ་བཏགས།	哈达
22	simple	སྦྱིར་བཏང་།	朴素的，简易的

7	singing love songs	ལ་གཞས་ལེན་པ།	唱情歌
58	skin	སྤྱི་ཐགས།	皮，皮肤
16	skull	མགོ་ཕྱགས།	头颅骨
37	sleeve	ཕྱ་ཐུང་། ཕྱ་ཕྱང་།	袖子
36	slide	ཤུད་པ།	滑行
44	smoke	དུ་བ།	烟
58	smooth	འཇམ་པོ།	光滑的
75	snake	སྲུང་།	蛇
12	snow lion	གངས་མེང་།	雪狮
1	snow mountain	གངས་རི།	雪山
1	snow-capped	གངས་གྱིས་གཡོག་པ།	积雪盖顶 (山)
2	socially	སྤྱི་ཚོགས་སྡེང་གི།	社会的
12	some	ཁ་ཤས།	一些
21	someone	མི་ཆེ་གོ་མོ།	某人
9	sometimes	སྐབས་རེ།	有时
78	sore	མ།	疮
31	sore throat	མིད་པའི་ན་ཚ།	咽炎
30	sores	ན་བ།	痛
103	soul	སྒྲི་རྣམ་ཤེས།	灵魂
71	sour	སྤྱར་མོ་བཟོ་བ།	发酵
17	source	འབྱུང་ཁུངས།	来源
42	specialist	ཆེད་ལས་པ།	专家
11	spring	རྩ་འགོ།	泉
45	stamp	ཀང་པ་དྲེབ་པ། རྩོག་པས་སྒྱུན་པ།	踩，跺脚
74	steamed bread	གོ་རེ་ཁོ་བཞོས་མ།	蒸馍
26	steamed dumplings	བག་རིལ།	蒸饺子

57	stick out	མངོན་པར་ཐྱེད་པ། ཕྱིར་འབྱུང་བ།	伸出来, 突出
3	still	ད་དུང་།	还是, 仍然
92	stingy	སེར་སྒྲ་ཅན།	吝啬
83	stomach	པོ་བ།	肚子
14	stood	ལངས།	站(stand 的过去式)
48	stool	རྒྱུ་ཞེགས།	凳子
9	stories	གཏམ་རྒྱུད།	故事
9	story telling	གནའ་གཏམ་བཤད་པ།	讲故事
24	strengthen	རྒྱས་ཤུགས་ཆེ་བ་གཏོང་བ།	加强, 强化
98	stretch	སྐྱོང་ལག་སྟོགས་ཤིང་བརྒྱུངས་པ།	伸出
101	stupid	ཁྲེན་པ།	愚蠢
2	such ...as...	དཔེར་ན།	例如
43	suffer	མནར་བ། རླུག་བསྐལ་སྤྱོད་པ།	受苦, 遭受
13	sunrise	ཞོགས་པ།	日出时
27	sunset	ཉི་མ་ལྷུང་ལ།	日落
15	superiors	དཔོན་པོ་སྐྱོད་པ།	上级的
93	supernatural	རང་བྱུང་ཁམས་ལས་འདས་པའི།	超自然的
67	surprise	སྟ་ལས་པ།	惊讶
11	surrounding	ཁོར་ལྷག་མཐའ་འཁོར།	周围的事物, 环境
11	swell	སྐངས་པ།	肿胀
60	swim	ཐུ་རྒྱལ།	游泳
12	symbol	མཚན་རྟགས།	象征物
7	taboo	སློལ་རྒྱུན་དང་ཚེས་ལྷགས་ཐད་ཀྱི་བསྟོད་བྱ།	禁忌的, 禁止的
19	take care of	བདག་སྐྱོང་།	照顾
106	tame	འདུལ་བ།	驯服

82	tantric master	ཐགས་པ།	奔奔子（密宗大师）
9	tell	བཤད་པ།	讲述
3	telling the Gesar epic	མྱིང་གེ་སར་གྱི་རྒྱུང་།	格萨尔王传
52	throat	མིང་པ།	喉咙
99	throughout	མགོ་ནས་མཇུག་བར།	从头到尾
39	throw	འཕེན་པ། གཡུག་པ།	扔
21	throwing stones	རྩོལ་འཕེན་པ།	扔石头
46	thumbs up	མཐེ་བོང་བསྐྱེད་སྐྱེད་པ རྒྱུ་ཐང་བའི་བདེ།	翘起姆指 （表示赞许、满意、胜利）
20	Tibetan language	བོད་སྐད།	藏语
17	Tibetan Plateau	མདོ་དབུས་མཐོ་སྒང་།	青藏高原
24	Tibetan robe	ལུ་རིང་།	藏袍
72	tie	འཛིང་བ།	系上
24	to dress	ཁྱེན།	穿
4	to hold/held	རྒྱུགས་འདུ་སྒྲུག་འཛིང་བ།	举行
7	to like	དགའ་བ།	喜欢
57	tongue	ཤེ།	舌头
18	tourism industry	ཡུལ་སྐོར་ལས་རིག།	旅游业
2	traditionally	ཐོས་རྒྱུན་གྱིས།	传统上
6	train	གསོ་སྦྱོང་།	培养
108	transfer	གནས་སྒྲོམ་བ།	转移
108	treatment	བཅོས་ཐབས།	疗法
66	<i>tsampa</i>	ཅུམ་པ།	糌粑
22	tying sashes	སྐྱེ་རགས་བཅིངས་པ།	系腰带
20	U-Tsang	དབུས་གཙང་།	卫藏
59	umbrella	གདུགས།	伞



63	uncompassionate	མིང་མེད་པ།	没有同情心的
38	uniform	གཅིག་གུར་གྱི།	统一的、一致的
23	unique	དགོན་པོ།	唯一的，独特的
39	unlock	ཟླ་འབྱེད་པ།	开锁
79	unnatural	རྒྱུན་ལྡན་མེན་པ།རང་བཞིན་མ་ཡིན་པ།	异常的、不纯的
82	unsuitable	མི་འཚམས་པའི།	不适合的
78	urinate	གཅིན་གཏོང་བ།	撒尿
8	usually	རྒྱུན་དུ།	通常
100	variety	རྒྱུ་པ་ལྟ་ཚུགས།	多样化
15	vary	མི་འདྲ་བ།	不同
59	vase	བུམ་པ།	花瓶
59	victory banner	རྒྱལ་མཚན།	胜利幢
37	vigorously	ཤུགས་དྲག་གིས།	精神旺盛地
42	vulture	བྱ་ཕྱོད། དུར་བྱ།	秃鹫
39	wake up	སད་པ།	醒来
62	wealth	འཕྱོར་ལྡན།	财富
4	wedding	གཞིན་སྟོན།	婚礼
53	weigh	ལྗིད་ཚད་འཇུག་པ།	称重量
49	welcome	དགའ་བསུ་བྱ།	欢迎，迎接
18	well-known	མིང་གསལ་ཅན།	出名的
94	wheat	སྒོ།	小麦
59	wheel	འཁོར་ལོ།	轮
15	wide	ཞིང་ཁ་ཆེ་བ།	宽的
5	wild	རྣོད་པོ།	野性的
5	wild yak	འཕྱོང་།	野牛

38	wine	ཆང་དམར།	红酒
55	wink	མིག་འཚྲུམ་འཚྲུམ་བྱེད་པ། མིག་ཟིམ་ཟིམ་བྱེད་པ།	眨眼
3	wisdom	སྒོ་རིག	智慧
89	wishing... well	བདེ་བར་སྨོན་པ།	良好的祝愿
8	wooden	ཤིང་ལས་གྲུབ་པའི།	木制的
23	wool ash	བལ་ཐ།	羊毛灰
76	worst	ཆེས་ཞན་པའི།	最差的
23	wound	མ་ཁ།	伤口
20	writing System	ཡི་གེ	文字
5	yak	གཡག	牦牛
31	yak dung	གཡག་གི་ཕྱི་བ།	牦牛粪
1	year-round	ལོ་རྒྱུད་ཐོབ།	全年
79	yoghurt	ལྗོ།	酸奶
11	youngsters	གཞོན་པ།	青年
103	zombie	རྩ་ཕྱགས།	僵尸

## APPENDIX TWO: QUESTIONS

### 1. Snow Mountain

because of: What will happen if it snows? (Because of the snow...)

impossible: Some people think nothing is impossible. What do you think?

plateau: Do you live on the plateau? Have you visited many places on the plateau?

snow mountain: Is there a snow mountain in your hometown?

snow-capped/ capped with snow: Have you ever seen a snow-capped mountain?

year-round: Is the weather the same year-round in your hometown?

### 2. Honorifics

address: How do you address your mother and father? How do you address your teachers?

honorifics: Do you know any honorifics? Do you often use honorifics?

socially: Which people are socially important?

such ...as... What foods do you like? (I like such foods as ...)

traditionally: How do people traditionally address each other in you hometown?

terms of address: Do you know any Tibetan terms of address?

### 3. Telling the Gesar Epic

brave: Are you sometimes brave? Do you know any brave people?

conquer: Which places did Gesar conquer?

nowadays: Do people often tell the Gesar epic nowadays?

popular: Is the Gesar epic still popular?

recite: Can you recite any poems?

still: Do people in your hometown still recite the Gesar epic?

tell the Gesar epic: Can you tell the Gesar epic?

wisdom: What can you tell about Gesar's wisdom?

#### 4. New Year

festival: What are some festivals in your hometown?

folk song: Can you sing any folk songs? Do you like folk songs?

lunar month: What lunar month is it now? Which lunar months is summer in?

monastery: Is there a monastery in your hometown? Do you know any famous Tibetan monasteries?

renew: What things do you renew during New Year?

ritual: Can you name any traditional rituals?

to hold/ held: What rituals do people hold during the New Year? What rituals are held in your hometown?

wedding: Did you go to a wedding last year? When will your wedding be?

#### 5. Wild Yak

also: What food do people usually eat in your hometown? (They eat noodles. They also eat...)

altitude: Is your hometown at high altitude? What's the altitude of your hometown?

believe: Do you believe in ghosts?

load: Have you ever seen a yak carrying a load?

wild: What wild animals live in your hometown?

wild yak: Have you ever seen a wild yak?

yak: What color are yaks?

#### 6. Chess

advice: Who usually gives you advice? Who do you give

advice to?

chess: Do you know how to play chess?

free time: What do you usually do you in your free time?

gather: Where do people gather in your village?

improve: How can you improve your English?

train: Did you ever train for something? Tell me about it.

## 7. Singing Love Songs

careful: When should we be careful?

nearby: Is there a monastery nearby your village? What is  
nearby your village?

sing love songs: Can you sing any love songs? Have you  
heard people sing love songs?

taboo: What things are taboo in your hometown?

to like: Which singers do you like? Which food don't you  
like?

## 8. Prayer Wheel

accumulate: How do people accumulate merit?

copper: What things are made of copper?

leather: Do you have any leather shoes? Do you have a  
leather jacket?

merit: Can people accumulate merit because of good  
actions?

pack: What did you pack when you came to school?

prayer wheel: What are some different types of prayer  
wheel?

usually: What do you usually do in winter? What do you  
usually do on the weekend?

wooden: Is your house wooden?

## 9. Story Telling

cheat: Did you ever cheat anybody? Did anybody ever cheat  
you?

consequences: What are the consequences of bad actions?  
sometimes: Do you sometimes lie? Do you sometimes sleep  
until lunch?  
stories: Do you know any traditional stories?  
story telling: Do people still listen to story telling in your  
hometown? Do you like story telling?  
tell: Can you tell any traditional stories?

#### 10. Circle Dance

back and forth: Have you ever seen people sing back and  
forth?  
circle dance: Do you know how to circle dance?  
dawn: What do you usually do at dawn?  
during: Where will you be during the summer?  
dusk: Which is more beautiful, dusk or dawn? Dusk is before  
night, isn't it?  
often: Do you study English often?  
perform: Do you like to perform for others?  
side: Which side do you lie on when you sleep?

#### 11. Don't Destroy Springs

around: Are there any good restaurants around here? Is there  
a bus stop around here?  
clean: Should we keep our environment clean? Why?  
dig: Who usually digs – farmers or nomads?  
dirty: Big cities are often dirty, aren't they?  
disturb: If you disturb the water deities, what will they do?  
elder: Are there any elders in your family? How do you  
address elders?  
garbage: Where do your villagers put their garbage?  
lame: If you saw a lame dog, what would you do? Have you  
ever seen a lame person?  
most: Where are most of your classmates from?  
sacred: Have you ever been to a sacred spring?

spring: Is there a spring near your village?  
swell: What should you do if your eyes swell?  
youngsters: Are there many youngsters in your village?

## 12. Snow Lion

controversial: Do you think snow lions are controversial?  
exist: Do you think snow lions exist or not? Do you think  
ghosts exists or not?  
nonetheless: It is cold outside. Nonetheless, do you want to  
go out and play?  
snow lion: Have you ever seen a snow lion?  
some: Can you give me some money? May I give you some  
of this bread?  
symbol: What is the snow lion a symbol of?

## 13. Sending off the Bride

finest: When do you wear your finest clothes?  
must X if Y: Must we go if it is raining? Must we eat the  
food if it is cold? What must we do if it snows?  
noon: Do you usually eat lunch at noon?  
send off: Who sends off the bride in your hometown?  
sending off the bride: How do they send off the bride in your  
hometown?  
sunrise: The sunrise is beautiful, isn't it?

## 14. The Four Harmonious Brothers

cooperation: Cooperation is useful, isn't it?  
harmony: Can all people live in harmony?  
however: Do you like it here? (Yes, I do. However...)  
in this way: How did the four brothers reach the fruit?  
(They... In this way, they reached the fruit).  
reach: How can I reach your home? I can't reach the tea, can  
you pour it for me?  
respect: Who do you respect? Why?



stood: Where did you stand yesterday? (Yesterday, I stood...)

### 15. *Katag*

*katag*: What colors are *katag*?

narrow: Is your village in a narrow valley? Are narrow *katags* lucky?

offer: What do you offer guests?

scarf: Do you wear a scarf in the winter?

silk: Is a *katag* made of silk? What else is made of silk?

superiors: Who are your superiors?

vary: Does the color of *katag* vary?

wide: Is the river in your hometown wide or narrow?

### 16. Religious Dance

borrow: Can I borrow your pen? Do you think *cham* is indigenous or borrowed from others?

deity: Can you name any important deities?

dozen: How much does a dozen eggs cost?

effigy: Have you ever seen the effigy in a *cham*? What other rituals have effigies?

embody: In the *cham*, what embodies evil?

implements: What implements do monks use in rituals?

indigenous: What is the indigenous language of your hometown?

mask: Are there many masks in the *cham*?

sect: What is the main sect in your hometown?

skull: What color is a skull?

### 17. Mani Stone

Avalokiteshvara: Do you know the mantra of Avalokiteshvara? Can you recognize Avalokiteshvara in a temple?

circumambulate: Where do people circumambulate in your

village? Why do people circumambulate?  
compassion: What can we do to show compassion?  
*mani* stone: What is written on a *mani* stone?  
mantra: Do you know any mantras? When do people recite  
mantras?  
pilgrim: Where do pilgrims go?  
source: Where is the source of the Yellow River?  
Tibetan Plateau: Do you live on the Tibetan Plateau? Is the  
Tibetan Plateau warm in summer?

#### 18. The Potala Palace

ancient: Are there any ancient monasteries in your  
hometown?  
architectural: What are the special architectural features in  
your hometown?  
enlarge: How can you enlarge your vocabulary?  
knowledge: How can people get more knowledge? Do you  
think knowledge is important? Why?  
palace: Who lives in a palace?  
Potala Palace: Where is the Potala Palace? What color is it?  
tourism industry: Is the tourism industry big in your  
hometown?  
well-known: What are some well-known places in your  
hometown?

#### 19. Marriage

bride: Is the bride a man or a woman?  
consider: What do people consider when choosing a bride?  
decide: How did you decide to study English?  
eyebrows: How many eyebrows do you have? Are they thick  
or thin?  
marriage: Do you think marriage is important?  
may: He may come tomorrow, right? You may study English  
next year, right?

reputation: Is a good reputation important?

take care of: Will you take care of your parents when they get old?

## 20. Tibetan Language

Amdo: Do you come from Amdo? Which places in Amdo have you been to? Where is Amdo?

cursive: Can you read cursive writing?

dialect: Which dialect do you speak?

Kham: Are you from Kham? What are some well-known places in Kham? Where is Kham?

print: Can you print that for me? I can't read cursive.

scripts: How many different scripts can you write?

Tibetan language: Do you speak the Tibetan language?

U-Tsang: The Potala Palace is in U-Tsang, isn't it? What are some famous places in U-Tsang?

writing system: How many writing systems do you know?

## 21. Throwing Stones

blame: If I beat you, would you blame me?

dangerous: Is throwing stones a dangerous game?

hide: When you were a child, did you like to hide?

injure: If a stone hits you, will it injure you? Were you ever injured when you were a child?

no one: How do you feel when no one else is at home?

someone: Do you like to eat with someone or eat alone?

throwing stones: Did you play throwing stones when you were young?

## 22. Tying Sashes

affection: How do you show affection for people you like?

blessing: How do people symbolize blessings for the new couple in your hometown?

sash: What color is your sash?

simple: Do you want to have a simple wedding?  
tying sashes: Do people tie sashes during weddings in your hometown?

### 23. Curing Wounds With Wool Ash

apply: What do you apply to a wound if you are injured?  
cauterize: Why should we cauterize wounds?  
immediately: Can you please come to my home immediately?  
method: What method do you use to cauterize wounds?  
unique: Is your hometown unique?  
wool ash: Do you use wool ash to cauterize wounds? What color is wool ash?  
wound: Did you ever have a bad wound?

### 24. *Latsi* Festival

arrow: Are the arrows in *latsi* big or small?  
dedicate: What are *latsi* dedicated to?  
drive away: How can people drive away ghosts?  
flag: What color is China's flag?  
giant: Is a giant big or small?  
*latsi* festival: Have you ever been to a *latsi* festival?  
strengthen: What foods should you eat to strengthen your body?  
Tibetan robe: When do you wear your Tibetan robe?  
to dress: How to you dress during the New Year?

### 25. Hair Changing Ritual

adult: Are you an adult? How old is an adult?  
banquet: Have you ever been to a banquet? Do you enjoy banquets?  
hairdresser: Are hairdressers usually men or women?  
invite: Who will you invite to your weddings?  
occasion: Is hair changing a special occasion?

ornament: Do brides wear beautiful ornaments at weddings?  
plait, braid: Do you like to plait your hair? Do boys braid  
their hair?

## 26. Medicinal Water on the 5<sup>th</sup> of the 5<sup>th</sup> Lunar Month

afternoon: What are you doing this afternoon? What time  
does afternoon begin?

bathe: Where do you bathe? How often do you bathe?

medicine: When do you take medicine?

morning: What did you do this morning? What will you do  
tomorrow morning?

poisonous: What foods are poisonous? What happens if you  
eat poisonous foods?

steamed dumplings: Do you like to eat steamed dumplings?  
Do you know how to make steamed dumplings?

## 27. Inviting Monks to Chant

bring: What should I bring to class? What should I bring on  
holidays?

chant: Who usually chants?

leave: When will you leave here?

monk: Are there any monks in your family?

sunset: What time is sunset in winter? What time is sunset in  
summer?

## 28. Giving Alms to Cure Illness

alms: Do you usually give alms to beggars?

almsgiving: Can almsgiving help accumulate merit?

barley: Do people grow barley in your hometown?

beggars: Are there any beggars in your hometown?

cure: How do you cure a cold?

increase: How can you increase your English vocabulary?

might: What might you do tomorrow? Where might you go  
in summer?

### 29. Messenger

admirer: Do you have an admirer?

eventually: Do you eventually want to go to Lhasa? Will you eventually go home?

feelings: Did someone ever hurt your feelings?

messenger: Have you ever been a messenger?

organize: Who organizes festivals and rituals in your village?

pleased: When do you feel pleased?

### 30. Don't Defecate on Paths

defecate: Where do you go to defecate?

pedestrian: Are there many pedestrians in the city?

sores: Did you ever have sores? What do you do if you have sores?

### 31. Curing a Sore Throat With Yak Dung

expose: What do they expose yak dung and water to? What is exposed to the stars?

mixture: What is *tsampa* a mixture of?

sore throat: What do you do if you get a sore throat?

yak dung: What is yak dung used for?

### 32. Divination

Buddhist: Are you a Buddhist?

deeply: Do your villagers deeply believe in divination?

diviner: Are you a diviner? Is there a diviner in your school?

prayer beads: Do you have any prayer beads?

rather than: If you were sick, would you go to a diviner rather than a doctor? Do you want to drink water rather than beer?

### 33. Don't Throw Garbage Near Water Deities' Trees

beneath: What's beneath the table? Do you like to sit beneath trees?

disease: Did you ever get a bad disease? Do you believe  
water deities cause disease?

nearby: What well-known places are nearby your village?

### 34. Shaking Your Apron

aggressively: What do you do if others behave aggressively?

apron: Do women in your hometown usually wear aprons?

forward: What does it mean if women hold their hand with  
their palm forward?

instead: I don't want noodles. What can we eat instead?

mean: What does shaking the apron mean? What does  
showing your thumb mean?

palm: What's in the palm of your hand?

shake: May I shake your hand?

### 35. Wearing an Amulet

amulet: Do you usually wear an amulet?

conclusion: What do monks often do at the conclusion of  
rituals?

contain: What do amulets contain?

image: What kind of images are in amulets?

purify: Who purifies silk?

### 36. Sliding on Ice

another: How about another bowl of noodles? Can you tell  
me another joke?

flat: Is the ground flat around your home?

freeze: Do the rivers freeze in winter in your hometown?

push: If you slide on ice, who pushes you?

slide: Do you like to slide on the ice?

### 37. Waving the Hand

circular: Is your home circular? What things are circular?

disagreement: How can we solve disagreements?



far away: Is your home far away from here?  
indicate: What does waving the hand indicate?  
motion: Can you make a circular motion with your hand?  
sleeve: Are your sleeves long or short? What color are your sleeves?  
vigorously: Do you like to dance vigorously?

### 38. Asking for a Wife

beer: Do you like to drink beer?  
decision: What do you do if you can't make a decision?  
liquor: Do you often drink liquor? What is liquor made from?  
What color is it?  
wine: What color is wine? What is it made from?

### 39. Throwing Stones

home: Does your family live in a big home? How many people live in your home?  
roof: Is your house's roof flat?  
room: How many rooms are in your family house?  
throw: When you were a child, did you like to throw stones?  
unlock: What do you do if you come home and can't unlock the door?  
wake up: What time do you usually wake up?

### 40. Chanting Scripture

expel: How do people expel ghosts?  
mental: Are there any people with mental illnesses in your village?  
physical: What are some physical illnesses?  
power: Do you believe in the power of chanting?

### 41. Whistling

attention: Do you pay attention in class?  
glance: Can you learn new words by glancing at them?

interested in: What are you interested in? Are you interested in this book?

private: Are there some private places in your village?

#### 42. Sky Burial

chop: What do you use to chop meat?

conduct: How do people conduct sky burials? Do people conduct sky burials in your hometown?

corpse: Have you ever seen a corpse?

practice: What are some customs practiced in your hometown?

specialist: Are there any religious specialists in your village?

vulture: How big is a vulture? What does a vulture look like?

#### 43. Wedding Party

any: Do you know any jokes? Do you know any good stories?

display: What do people display during the New Year in their homes?

get to know: Would you like to get to know me better?

gift: What gifts do people give during weddings?

impolite: Is it impolite to visit without a gift?

relative: Do you have many relatives?

suffer: Have you ever suffered? Tell me about it.

#### 44. Burning Juniper Leaves

juniper: Have you ever burned juniper leaves? What does a juniper tree look like?

polluted: Is your hometown polluted? Are big cities polluted?

protection: What do you use for protection from the rain? What do you wear for protection from the cold?

purify: How can you purify polluted things?

smoke: Do you smoke? Can smoke purify things?

#### 45. Stamped Clay Buddha Images

clay: What color is clay? Where do people get clay?

informal: Are weddings formal or informal?

molds: What does a stamped clay Buddha image mold look like? What are molds made from?

press: If you press a window hard, what happens?

stamp: How do people stamp Buddha images? Can you please stamp this paper for me?

#### 46. Thumbs Up

fist: What does shaking your fist express?

opinion: What's your opinion of this book?

thumbs up: When do people give thumbs up?

#### 47. Rubbing Face

cheek: Are your cheeks red?

gesture: Is rubbing your face a gesture? What gestures do you know?

nervous: When do you feel nervous?

rub: When do people rub their face?

shy: When do you feel shy? Do you enjoy feeling shy?

#### 48. Pulling Ears

county: What county are you from? What counties have you visited? Which is bigger, a county or a country?

defend: How does the friend defend himself when women pull his ears? If a dog attacked you, how would you defend yourself?

province: What province are you from? Which provinces have you visited? How many provinces are in China?

pull: Do people pull ears during weddings in your hometown?

rush: Are you in a rush? Who rushes at the groom?

stool: Are stools high or low? Do you like to sit on stools or

chairs?

#### 49. Welcoming Guests

family: How many people are in your family? Do you have a big family?

guest: Do you often have guests at home? Do you like it when guests visit?

member: Who are your family members?

welcome: How do you welcome guests?

#### 50. Doing Prostrations

become ill: Do you often become ill? What do you do if you become ill?

deities: Can you name many deities?

prostrations: How do people do prostrations? Where do people do prostrations?

recover: If you become ill, do you usually recover quickly?

#### 51. Butter Flowers

art form: Can you name some traditional art forms? What is your favorite Tibetan art form?

dye: Do you want to dye your hair? What colors can people dye butter?

powdered: How do people make powdered stone? Do you ever take powdered medicine?

prevent: How do you prevent illness?

#### 52. Scratching the Throat to Beg

begging: What do people do when they are begging? What gestures do they make when begging?

refuse: Do you often refuse beggars?

scratch: When do you scratch? If you feel itchy, do you scratch?

throat: What do you do if you get a sore throat?

53. *Gutig*

heavy: Can you carry heavy loads? Do you like to carry heavy loads?

judge: How do you judge if food is delicious?

New Year's Eve: What do you usually do on New Year's Eve?

weigh: How much do you weigh?

54. Tibetan Footbag

divide: How do you divide students in the classroom?

kick: Do you know how to kick footbag? Do you like to kick footbag?

55. Winking

deliberately: If someone deliberately kicked you, what would you do?

interest: How do you show your interest in a boy or girl?

romantic: Do you like to read romantic books? Do you like to watch romantic movies?

wink: When do you wink at people?

56. King Gesar

famous: Can you name some famous Tibetans? Have you ever met a famous person?

justice: Did Gesar fight for justice? Does Gesar symbolize justice?

mythical: Is Gesar a mythical person?

overlord: Was Gesar an overlord? What did Gesar do to cruel overlords?

57. Sticking out the Tongue

incorrect: What do you do in class if you give an incorrect answer?

stick out: Do you often stick out your tongue? What does it

symbolize if you stick out your tongue?  
tongue: Do you have a long tongue?

#### 58. Dew

dew: When can you see dew? What color is dew?  
healthy: Are you healthy? Are your parents healthy?  
keep: Do you want to keep your skin smooth and white?  
skin: What color is your skin?  
smooth: Is your skin smooth?

#### 59. Eight Auspicious Symbols

auspicious: Is snow on the first day of the New Year  
auspicious? What things are auspicious?  
conch: What color is a conch? Where do conches come  
from?  
endless knot: What color is the endless knot? What does an  
endless knot look like?  
golden fish: How many golden fish are in the Eight  
Auspicious Symbols?  
lotus: Where do lotus plants grow?  
umbrella: When do people use umbrellas?  
vase: What does a vase look like?  
victory banner: What does a victory banner look like?  
wheel: How many wheels does a bicycle have? How many  
wheels does a car have?

#### 60. Don't Discard Hair into the River

discard: Where do you discard your hair? Where do you  
discard garbage?  
downstream: Is your village downstream from a spring?  
punish: Do your teachers ever punish you?  
swim: Do you know how to swim? Do you like to swim?

### 61. Seeing off Guests

depart: When will you depart for home this summer?

host: Do you like to be a host or a guest?

### 62. Coral

chunk: How big was the biggest chunk of coral you've ever seen?

coral: What color is coral? Do you like to wear coral?

necklace: Are you wearing a necklace now? Do you have a coral necklace?

wealth: How do villagers show their wealth in your hometown? What's more important – wealth or happiness?

### 63. Don't Cut Fresh Grass

brutal: Have you ever met a brutal person? What do brutal people do?

fresh: Do you like fresh meat? What color is fresh grass?

grass: Is there much grass in your village?

scold: What do teachers say when they scold students?

uncompassionate: What kind of behavior is uncompassionate?

### 64. Shaking Your Fist

brandish: Have you ever brandished your fist at someone?

expression: What is shaking your fist an expression of?

opponent: How do you treat your opponent when you play a game?

### 65. Don't Kill Fish or Frogs

disaster: Have you ever met a disaster?

fish: Do you eat fish? Where do fish live?

frog: Are you afraid of frogs? What color are frogs?

pet: Does your family have any pets? What animals can be

pets?

66. *Tsampa*

common: What are some common foods in your hometown?

dough: What does dough look like?

knead: Is it difficult to knead dough? How long should you knead dough?

pour: Can you pour me some tea?

roasted: Do you like roasted meat? What foods can be roasted?

*tsampa*: Do you like to eat *tsampa*? Do you often eat *tsampa*?

67. Rubbing the Head

custom: Is rubbing the head a custom in your hometown?  
What are some interesting customs in your hometown?

embarrassment: Is embarrassment good or bad? Why?

surprise: What's the biggest surprise you've ever had?

68. Don't Disturb Frogs Near the Home

family member: Who are your family members? How many family members do you have?

harm: Should we harm animals? Should people harm each other?

life: Do you think life is precious? Do you have a happy life?

previous: What did you do on the previous day? What did you do on the previous night?

69. Butter Cake

bamboo sifter: Do you have a bamboo sifter in your home?  
What does a bamboo sifter look like?

basin: What do you usually put in basins?

briefly: Can you briefly talk about your family?



melt: Do you like to drink melted butter? How do you melt butter?

mix: Is it difficult to mix *tsampa*?

overnight: Have you ever stayed in a hotel overnight?

remove: Do you remove your shoes when you enter a house?

#### 70. *Pagtsa marka* Bread

ingredients: What are the ingredients of *pagtsa marka* bread?

What are the ingredients of *tsampa*?

pills: Do you take pills when you become ill?

serve: What food do you usually serve guests when they visit?

sift: What can you use to sift flour? Apart from flour, what else can you sift?

#### 71. Noodles

kind: How many kinds of noodles do you know? How many kinds of noodles can you make? What kind of person are you?

several: Can you name several famous Tibetan places?

sour: Is yoghurt sour? Is *tsampa* sour? What foods are sour?

#### 72. Eloping

couple: Are your parents a happy couple?

courtyard: Does your home have a courtyard? What's in the courtyard?

elope: Has anyone in your village ever eloped? Do you want to elope?

exile: Why do eloped couples go into exile?

reconcile: How do you reconcile if you argue with a friend?  
Is it good to reconcile with someone if you argue with them?

tie: When did you learn how to tie your shoes?

### 73. Scratching Your Cheek

behave: What do you do if someone is behaving shamefully?

How do you feel if people behave shamefully?

disapproval: How do you show your disapproval to other people?

public: How should you behave in public?

### 74. Bread

bake: How do people bake bread?

deep-fry: What do you need to deep-fry bread? Do you know how to deep-fry bread?

pot: What do people cook in pots?

steamed bread: Do you often eat steamed bread for breakfast?

### 75. Don't Disturb Snakes

bite: What do you do if a dog bites you?

snake: Are you afraid of snakes? Have you ever seen a snake?  
Is a snake a good snack?

### 76. Showing Your Little Finger

communicate: How do you communicate with foreigners?  
Do you like to communicate with new people?

curse: Do you believe in curses? What would you do if someone cursed you?

little finger: Have you ever shown your little finger to someone? How many little fingers do you have?

worst: Who is your worst enemy? What is your worst subject?

### 77. Extra Meal

leftovers: Should we discard leftovers? Do you often eat leftovers?

### 78. Don't Urinate or Defecate in Springs

nightmares: Do you often have nightmares?

sore: What do you do if your legs are sore?

urinate: Where do you urinate?

### 79. Yoghurt

unnatural: Do you think it is unnatural to put sugar in yoghurt?

yoghurt: Do you know how to make yoghurt? What color is yoghurt? If you eat yoghurt, do you feel sleepy?

### 80. Meat

beef: Do you prefer beef or mutton?

knife: Do you know how to use a knife to cut meat?

mutton: What animal does mutton come from?

nomad: Are you a nomad? Do nomads like to eat meat?

### 81. Asking About Health

care: How do you show that you care about guests?

grandparents: How many grandparents do you have? How old are they? Do you care about them?

parents: How old are your parents? What are your parents' names?

### 82. Naming

name: What's your name?

tantric master: What does a tantric master look like?

unsuitable: What do people do if they choose an unsuitable name? What does a baby do if its name is unsuitable?

### 83. Insisting that Guests Eat

frequently: Do you frequently go to the library? Do you frequently watch movies?

full: Should you offer guests full bowls?

purpose: What is the purpose of studying English?

stomach: What do you do if you get a stomach ache?

#### 84. Don't Hunt Animals on Holy Mountains

hunt: Do you think it is good to hunt? Do people in your hometown hunt?

livestock: What are some different types of livestock?

random: Should teachers always choose the best student, or choose students randomly?

#### 85. Giving Gifts

allow: Will you allow me to visit your home?

customarily: What foods do your villagers customarily eat?

displeasure: How do you show your displeasure to someone?

empty-handed: Should you let guests leave empty-handed?

#### 86. Don't Cut Trees Near the Sacred Spring

angry: What makes you angry? What do you do when you are angry?

sacred: What things are sacred? Are there any sacred springs near your village?

sick: Do you frequently get sick? What do you do if you're sick?

#### 87. Staying With Guests

alone: Do you like to be alone? How do you feel when you're alone?

chat: Do you like to chat with guests? Do you frequently chat with friends? Do your family members chat after dinner?

disrespectful: Should you be disrespectful to guests? How do you feel if someone is disrespectful to you?

remain: Should hosts remain with guests? After you eat mutton, what remains?

88. Water Burial

carry: Can you carry a heavy load? Have you seen a yak  
carry a load?

dispose: How do people dispose of corpses in your  
hometown?

at least: At least how many new words can you memorize in  
one day?

89. Almsgiving

jewels: Do you own any jewels? Are you wearing any  
jewels?

loaf: Can you eat a loaf of bread?

overcome: How do you overcome difficulties?

wishing... well: Do hosts wish guests well when they visit?

90. Milk and *dri*

birth: Who gave birth to you – your mother or father?

rare: Do you know the names of any rare animals? Which is  
more rare – gold or coral?

recently: Where have you been recently? What have you  
been doing recently?

91. Offering Food

best: What is the best food for guests?

constantly: Should hosts constantly offer guests food?

except: Except for *tsampa*, what food do people eat in your  
hometown?

92. Helping One-another

donor: How do you feel about donors? Has your family ever  
been the donor for a ritual?

involve: What does being a donor involve? What does being  
a student involve?

party: Do you like to go to parties? Have you been to a party

recently?

stingy: How do you feel about stingy people?

### 93. Don't Take Anything From a Holy Place

misfortune: Have you ever met misfortune? What do you do if you meet misfortune?

offend: Have you ever been offended? Should you offend elders?

supernatural: Have you ever seen something supernatural?

### 94. *Nyog*

bean flour: Do people cook bean flour in your hometown?

jujubes: What do jujubes look like? Do you like to eat jujubes?

raisins: What color are raisins? Do you like to eat raisins?

wheat: Do people grow wheat in your hometown? What's the difference between wheat and barely?

### 95. *Monlam*

commemorate: What does Monlam commemorate?

contribute: What do villagers contribute to Monlam?

delicious: What is the most delicious food?

expensive: Do you own any expensive clothes?

founder: Who is the founder of Gelug Buddhism? Who is the founder of your village?

### 96. Guests Can Come at Any Time

appointment: Do I need to make an appointment to visit you?

arrange: Can we arrange a time to meet?

scripture: Do guests sometimes chant scriptures together?

### 97. Chanting

ensure: How do you ensure your health?

natural disaster: Have you ever seen a natural disaster? How

can people prevent natural disasters?

possessed: What do people do if someone is possessed by a ghost? Have you ever seen someone possessed by ghosts?

prosperity: What can you do to ensure prosperity?

#### 98. Sitting

cross-legged: Is it comfortable to sit cross-legged? Do you like to sit cross-legged?

household: How many people live in your household?

*kang*: Do you have a *kang* in your home? Do you frequently sit on the *kang*?

stretch: Is it polite to stretch your legs out?

#### 99. Fasting

fasting: Do people hold fasting rituals in your village? Do young people join fasting or elders?

procedure: What is the procedure for fasting? What is the procedure for weddings in your hometown?

throughout: What do you do throughout the winter? What did you do throughout the day?

#### 100. Exorcising Ghosts

accident: Have you ever been in an accident?

exorcise: Do you know how to exorcise ghosts?

variety: Do people make a variety of breads in your hometown? Do people make a variety of noodles in your hometown?

#### 101. Beating Your Forehead

forcefully: Do you ever beat your head forcefully?

forgetfulness: Do you suffer from forgetfulness?

regret: When do you feel regret? What do you do to express regret?

stupid: Do you ever feel stupid?

### 102. Picnic

picnic: Do you like to go on picnics? When is the best time for picnics – summer or winter?

relaxing: Are picnics relaxing? What other things are relaxing?

### 103. Dealing With Corpses

comfortable: Is your family home comfortable?

deal with: How do people deal with corpses in your hometown? How do you deal with misfortune?

existence: Do you believe in the existence of zombies? Do you believe in the existence of ghosts?

guide: Can you guide me to your home? Can you guide me to a restaurant?

instructional: Is this an instructional book?

soul: Do livestock have souls? How many souls do people have?

zombie: What is a zombie? Have you ever heard a story about a zombie?

### 104. Speaking Competition

competition: Have you ever joined a speaking competition? Have you ever joined another competition?

gossip: Do you think gossip is good or bad? What should you do if people gossip about you?

reply: How do you feel if you can't reply to your teacher's question?

### 105. Tea

honored: What do you do for honored guests? What food do you serve honored guests?

main: What is the main food in your hometown? What is the



main work for students?  
nutritious: Is *tsampa* nutritious?

#### 106. Horse Race

acrobatics: Have you ever seen acrobatics at a horse race?  
Can you do any acrobatics?  
agility: Horse riders need great agility, don't they?  
decorate: How do you decorate yourself during New Year?  
harness: Can we harness the energy of the sun? How can we  
harness human ability?  
horse race: Do they hold a horse race in your hometown?  
pastoral: Horse races are common in pastoral areas, aren't  
they? What work do people do in pastoral areas?  
tame: Do you know how to tame a horse?

#### 107. Boiled Water

boiled: Do you like to drink boiled water or cold water?  
cause: What is the cause of this sickness? What causes water  
to boil?

#### 108. Calling Back the Soul

hastily: Should you study new words hastily?  
holy: What kind of people are holy? What places are holy?  
initial: How is the weather in the initial part of summer?  
nauseous: Did you ever feel nauseous? When do you feel  
nauseous?  
transfer: Did you transfer the money to me?  
treatment: What is the treatment for a lost soul?

### APPENDIX THREE: THE 1,000 MOST COMMON WORDS IN ENGLISH

a	able	about	above
accept	accord	account	across
act	actual	add	address
admit	adopt	advance	advantage
affair	afford	after	again
against	age	ago	agree
air	all	allow	almost
alone	along	already	also
although	always	among	amount
ancient	and	animal	another
answer	any	appear	apply
appoint	arise	arm	army
around	arrive	art	article
as	ask	association	at
attack	attempt	average	away
back	bad	ball	bank
bar	base	battle	be
bear	beauty	because	become
bed	before	begin	behind
being	believe	belong	below
beneath	beside	best	better
between	beyond	big	bill
bird	bit	black	blood
blow	blue	board	boat
body	book	born	both
box	boy	branch	bread
breadth	break	bridge	bright
bring	brother	build	burn
business	but	buy	by
call	can	capital	car

care	carry	case	catch
cause	centre	certain	chance
change	character	charge	chief
child	choose	church	circle
city	claim	class	clean
clear	clock	close	club
coast	cold	college	colour
come	command	common	company
compare	complete	concern	condition
connect	consider	contain	content
continue	control	corner	cost
could	council	count	country
course	court	cover	creature
cross	crowd	cry	current
custom	cut	dance	danger
dare	dark	date	daughter
day	dead	deal	decide
declare	deep	degree	deliver
demand	describe	desert	desire
destroy	detail	determine	develop
die	difference	difficult	direct
discover	disease	distance	distinguish
district	divide	do	doctor
dog	door	double	doubt
down	draw	dream	dress
drive	drop	dry	due
during	each	ear	early
earth	east	easy	eat
edge	effect	effort	either
else	employ	end	enemy
English	enjoy	enough	enter
entire	equal	escape	even

evening	event	ever	every
everywhere	evil	example	excellent
except	exchange	exercise	exist
expect	expense	experience	experiment
explain	express	extend	eye
face	fact	factory	fail
fair	faith	fall	familiar
family	famous	farm	fashion
fast	father	favourite	favour
fear	feed	feel	fellow
few	field	figure	fill
find	fine	finger	finish
fire	first	fish	fit
fix	floor	flower	follow
food	for	force	foreign
forget	form	former	forth
fortune	forward	free	friend
from	front	full	further
future	gain	game	garden
gate	gather	general	gentle
get	give	glad	glass
go	God	gold	good
great	green	ground	group
grow	guard	habit	half
hall	hand	handle	hang
happen	happy	hard	hardly
have	he	head	health
hear	heat	heaven	heavy
help	her	here	hide
high	hill	his	history
hold	home	honour	hope
horse	hot	hour	house

how	hullo	human	hurrah
husband	I	idea	if
impossible	in	inch	include
increase	indeed	independent	influence
instead	intend	interest	into
introduce	iron	it	its
join	judge	just	keep
kill	kind	know	lack
lady	land	language	large
last	late	law	lay
lead	learn	least	leave
left	length	less	let
letter	level	library	lie
life	lift	light	like
likely	limit	line	listen
little	live	local	long
look	lose	lost	lot
love	low	machine	main
make	man	manner	manners
many	march	mark	market
marry	mass	material	matter
may	me	mean	measure
meet	member	memory	mention
mere	metal	middle	might
mile	mind	mine	minister
minute	miss	modern	moment
money	month	more	moreover
morning	most	mother	motor
mountain	mouth	move	much
music	must	my	name
narrow	nation	native	nature
near	necessary	neck	need

neighbour	neither	never	new
next	night	no	none
nor	north	not	note
nothing	notice	now	nowhere
number	object	observe	occasion
of	off	offer	office
often	oil	old	once
one	only	open	operation
opinion	opportunity	or	order
ordinary	organize	other	otherwise
ought	ounce	our	out of
out	over	owe	own
page	pain	paint	paper
part	party	pass	past
pay	peace	people	perfect
perhaps	permanent	permit	person
picture	piece	place	plan
plant	play	please	point
political	poor	popular	population
position	possess	possible	post
pound	poverty	power	practical
prepare	present	preserve	press
pretty	prevent	price	print
private	problem	produce	product
production	program	programme	progress
promise	proof	proper	propose
protect	prove	provide	public
pull	purpose	put	quality
quarter	quiet	quite	race
raise	rank	rate	rather
reach	read	ready	real
reason	receive	recent	recognize

record	red	reduce	refuse
regard	regular	relation	religion
remain	remark	remember	repeat
reply	report	represent	respect
rest	result	return	rich
ride	right	ring	rise
river	road	roll	room
rough	round	rule	ruler
run	rush	safe	sail
same	save	saw	say
scale	scarce	scene	school
science	sea	season	seat
second	secret	secretary	see
seem	seize	sell	send
sense	separate	serious	serve
set	settle	several	shadow
shake	shall	shape	share
shave	she	shine	shoe
shoot	shore	short	should
shoulder	show	side	sight
sign	silence	silver	simple
since	single	sir	sister
sit	situation	size	skill
sky	sleep	slight	slow
small	smile	so	society
soft	soil	some	son
soon	sort	sound	south
space	speak	special	speed
spend	spirit	spite	spot
spread	spring	square	stage
stand	standard	start	state
station	stay	steal	steel

step	stick	still	stock
stone	stop	store	storm
story	straight	strange	stream
street	strength	stretch	strike
strong	struggle	study	subject
substance	succeed	such	sudden
suffer	suggest	summer	sun
supply	support	suppose	sure
surface	surprise	surround	sweet
system	table	take	talk
taste	teach	tear	tell
term	terrible	test	than
that	the	their	them
then	there	therefore	these
they	thing	think	this
though	thought	through	throw
thus	time	to	today
together	too	top	total
touch	toward/ s	town	trade
train	travel	tree	trouble
trust	truth	try	turn
type	under	understand	union
unite	university	unless	until
up	upon	use	usual
valley	value	various	very
view	village	visit	voice
vote	wait	walk	wall
want	war	warn	waste
watch	water	wave	way
we	weak	wear	week
welcome	well	west	what
when	where	whether	which



while	white	who	whose
why	wide	wife	wild
will	win	wind	window
wing	winter	wise	wish
with	within	without	woman
wonder	wood	word	work
world	worse	worth	would
write	wrong	year	yellow
yes	yesterday	yet	you
young			